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TOO  
MUCH?

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P60







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**M e t a R u n**

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APRIL 2016

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NO. 04

Cover photography  
Luca Mara

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Kristiansund, Norway

Lars Schneider

Katrin Schneider

The city of Kristiansund is built on four main islands  
on the majestically rugged west coast of Norway.

As Katrin Schneider found, you're ne

ver too far from

a breathtaking place to run.





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After yet another injury, I'm back in my running shoes to train for my "first triathlon. Luckily I've got our Triathlete's World mini-site to guide me. Visit [runnersworld.co.uk/triathlete](http://runnersworld.co.uk/triathlete) to check it out.

After running myself into wedding shape, I focused more on refuelling and recovery over Christmas. I'm back clocking up the miles again, though, and, yep, I can still "fit into those wedding-suit trousers.

## CONTRIBUTORS

Alex Hutchinson  
The former research physicist and elite runner is now an award-winning science journalist, writing for titles such as *The New York Times*. In this issue he brings the full weight of science to answer the eternal question: "Why Can't I run Faster?"

Greg O'Brien  
The journalist, author and runner spends his time writing and speaking about living with Alzheimer's. Read his deeply moving account of how running helps him in his ongoing race to stay ahead of the disease's demons on p54.

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## FROM THE EDITOR

At "rst glance, Cli Young is an unlikely running hero. He was an unassuming 61-year-old Australian farmer, whose training regime consisted of long runs in waterproofs and

Wellington boots to round up cattle. But in 1983 Cli y•toed the line in the Sydney-to-Melbourne Ultra Marathon and went on to shu e his way into running history. If you•ve never heard of him, I•d wager that after reading about him on page 65, you•ll "nd him di cult to forget. The story of this humble man who stumbled into success in his sixties is hugely inspiring, and a "tting feature of this Motivation Issue, which is designed to recharge your running mojo.

It's timed as such because March can be, well, a bit grim. Research quoted in the *66 Runner's Motivation-Boosters* list on page 40 found that half of new year resolvers fall o the wagon of good intent after three months. It's a tough month for spring marathoners, too, with the heaviest training weeks possibly making you question your sanity in signing up for that 26.2-miler. So check out the feature for ways to keep your enthusiasm burning.

The good news is that science has extolled the motivation-boosting bene"ts of investing in new running gear ... they call it "enclothed cognition" ... and for that, may we present the *RW Shoe Guide* (page 91), where we review 28 of the latest models to help you run your best. And they're all a good deal more comfortable than Wellies.

Andy Dixon, Editor , @RW\_ed\_Andy

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Do 6-8  
reps, 2-3  
sets each  
side

Do 6-8  
reps, 2-3  
sets each  
leg

Hold for 30  
secs. Repeat  
3-6 times.

## Fitness counts

Make a minute work for you

Want a simple way to upgrade your speed? Try 30-20-10 training.

Researchers got a group of runners to substitute two of their weekly runs for the 30-20-10 protocol (right). After eight weeks, they had improved their 5K times by an average of 38 seconds and lowered their blood pressure. Here's how to do it:

20 secs at  
moderate pace  
(60 per cent of  
max. speed)

2.45  
million

THE NUMBER OF PEOPLE IN ENGLAND  
RUNNING AT LEAST ONCE A WEEK ...  
THE HIGHEST FIGURE EVER <sup>1</sup>

\*x 5 continuous reps. Then rest for 2 mins. Repeat. As you improve, add a third set.





# THE SPICE IS RIGHT

Turmeric has long been heralded for its antioxidant and anti-inflammatory properties. But new research shows that the spice, rich in the compound curcumin, may also help produce mitochondria, the energy-production units in muscle cells. The creation of new mitochondria is also triggered by exercise, but the study found that combining the two accelerated the process.

**POWER LIFT**  
Turmeric gives you a boost

## Fab or fad? Cold-pressed juice

**WHAT IS IT?** Unpasteurised juice extracted without heat or maceration. Proponents claim this garners more nutrients from every kilo of fruit or veg juiced.

**DOES IT WORK?** Some research has shown higher levels of minerals, but one Canadian study found cold pressing was the least effective method for extracting flavanols from grape juice.

**VERDICT?** It may contain more micronutrients but it's no substitute for whole fruit and veg.

**Prescription**

£4.95 for 250ml,

[prescription.co.uk](http://prescription.co.uk)

Each serving of these juices is derived from

1kg of fresh fruit and veg and will last three days.

**One Juice**

£13.95, 7 x 30ml

sachets, [onejuice.co.uk](http://onejuice.co.uk)

This fresh, cold-pressed UK-grown

wheatgrass has an eight-week fridge life.

**Moju**

£2.95 for 250ml,

[mojudrinks.com](http://mojudrinks.com)

Each of the three colourful varieties

contains four to "ve servings of fruit and veg.

## A good month to eat Mussels

More iron than red meat (5.7g per 100g)

A 100g serving of steamed mussels contains 26g protein

Rich in the omega-3 fatty acids that improve brain function

Very high in vitamin B12, vital for the formation of healthy red blood cells

They're a good source of manganese, which aids bone health



## Two-way tip How to beat cravings

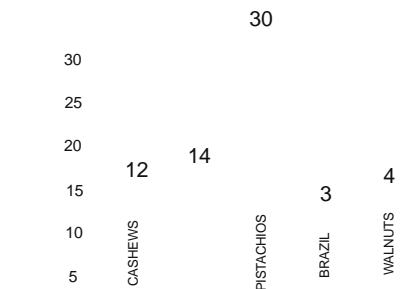
# NUTS HAVE IT CRACKED

Nuts are high in calories, so you'd think they'd be off the menu when it comes to losing weight. Not so, says a study from New Zealand. Researchers found that nut eaters had a lower weight and body mass index (BMI), as well as less abdominal fat, than those who avoided nuts. And an eight-year study of 50,000 women showed higher nut intake was associated with a lower risk of weight gain and obesity.

**Go for a walk**  
Research from the University of Innsbruck, Austria, found that a brisk 15-minute walk reduced cravings for sweet foods.<sup>1</sup>

**Distract yourself**  
•Cravings often come from an emotional response,• says coach Tracy McCartney (tracymccartneypt.co.uk). •Calming music or a bath can relax the body.•

## Kernels of truth



**NUT BOOST**  
They can help you shift pounds

## Eat your way to weight loss

Take it easy at the table

Slowing down when you're chowing down may help your weight-loss efforts, suggests a study review in the International Journal of Obesity. The review of 23 studies found eating quickly correlated with excess weight. The researchers believe speedy eaters outpace signals that they are full, leading them to be more likely to overeat.

NUMBER OF SERVINGS OF NUTS PER WEEK ASSOCIATED WITH A LOWER INCIDENCE OF OBESITY COMPARED WITH LESS THAN ONE WEEKLY SERVING. <sup>2</sup>





Run maths  
Why it's worth  
making a stand

4 5  
hrs/day days/wk  
650  
calories (= a 10K run)

# A SEA BREEZE

Being outdoors boosts the psychological benefits of exercise, but a new study suggests running by the sea is particularly powerful. Study subjects exercised in three simulated outdoor settings ... urban, rural and coastal. Rural and coastal settings elicited more positive feelings, but in the coastal environment the volunteers also underestimated the length of time they'd been exercising.

Poll position  
You miss your  
race goal - how  
do you react?

- ☐ Obsess over what went wrong
- ☐ Put it down to experience
- ☒ Immediately sign up to try again
- ☐ Set your sights on a different goal\*

BEACHY KEEN  
Want to go long?  
Run by the sea

## See o side effects

Exercise limits chemo pain

Vigorous workouts may be the last thing you'd consider beneficial to someone undergoing treatment for cancer. But recent research in the Journal of Clinical Oncology found such exercise helped reduce pain, fatigue, nausea and vomiting in women receiving chemotherapy. They also preserved more cardiovascular fitness and muscle strength, compared with low-intensity and non-exercising groups, over the treatment period. The exercise was supervised, so it's worth consulting a specialist before going it alone.

## Iliacus release



Quick-fire question  
**My trainers smell  
bad. What can I do?**

Sprinkle bicarbonate of soda, or place half a lemon in each trainer. Make your shoes and feet unfriendly to bacteria: leave trainers in a light, dry place after running; if possible, use two pairs of shoes, so one can dry out between runs; keep your feet clean and free of fungal infections; and always wear clean socks

Michael O'Neill,  
consultant podiatrist

ON THE NAIL

KEEP IT CLEAN

GOOD GEAR

**SUPPLE SKIN**

It's a myth that runners need to harden the skin on their feet. Hard, dry skin is more susceptible to cracking and fungal infections. Moisturise your feet often and keep hard skin at bay.

Try Carnation's Hard Skin Remover Pen (£3.99, [carnationfootcare.co.uk](http://carnationfootcare.co.uk)). Follow with a moisturiser like What Skin Needs Cracked Skin Cream (£12.99 for 75ml, [whatskinneeds.co.uk](http://whatskinneeds.co.uk)).

**SAVE YOUR SOLES**  
Your feet deserve  
the very best

280

THE APPROXIMATE VOLUME OF SWEAT IN MILLILITRES  
PRODUCED BY EACH FOOT EVERY DAY.

Instant wisdom

•The human foot is a  
masterpiece of engineering  
and a work of art.•

Leonardo da Vinci



# CROSS MATCH

Increasing your training volume need not mean upping mileage. A study<sup>1</sup> found cross-training allowed runners to maintain “fitness while injured. Here’s how to replicate three running sessions using cross-training.

Try this  
**ApoTherapy**  
apotherapy.co.uk

Poll position  
**Midrun shin  
pain: what do  
you do?**

IF THE SHOES FIT<sup>f</sup>  
try cross-training

☐ Slow down/walk    Carry on  
regardless    ☐ Head home\*

## Don’t push your luck

Strollers can lead to injury

Running with a stroller helps you regain “fitness post-baby, but it also affects your biomechanics, says a new Irish study. Researchers found the “x”ed position of the hands while pushing a stroller restricted torso rotation, reduced hip extension and increased pelvic tilt during running, which could raise injury risk. They recommend working on trunk and hip mobility to offset potential problems.

**SWAP THE LONG RUN  
FOR<sup>f</sup> CYCLING**  
Why? A long low-intensity session builds stamina and muscular endurance. Try A ride 100-150 per cent of the duration of your current long run.

**SWAP SPEED WORK  
FOR<sup>f</sup> AQUAJOGGING**  
Why? Work at high intensity with zero impact. Try 12 x 45 secs of hard running, followed by 45 secs of gentle jogging using a flotation belt.

**SWAP A TEMPO  
SESSION FOR<sup>f</sup> ROWING**  
Why? A hard but low-impact full-body workout done by time or distance. Try 3-5 x bouts of 7-8 mins just outside comfort-zone pace, with 2-min recovery.

Instant wisdom

•Anyone can train hard. Do you have the discipline to recover?•

Lauren Fleshman









entered the inaugural Run Forest Run, an obstacle race in Surrey, on a whim in 2014 and, unexpectedly, won it. The champagne and applause were all mine and I was savouring them. So caught up was I in my triumph that at first I didn't notice Louise Simpson arriving back at the race HQ, drenched and knackered ... and last. She finished more than an hour after I crossed the line.

But Louise had just successfully negotiated the 11km course ... a combination of rural lanes, waterlogged forest paths and a kilometre-long gauntlet of obstacles that included two river crossings ... despite being blind.

How so? Grit, for sure. And running pedigree. But also thanks to a chap running with her as a guide. Humbled ... and intrigued ... I went over for a chat.

Fast-forward a year, and I'm back on the start line. It's a perishingly cold but clear November morning. I'm nervous, but it's not just standard pre-race butterflies: this time I'm lining up with Louise. I've never guided before.

I'm expecting a thorough briefing involving various detailed technical complexities. But Louise, who, it turns out, is a former Paralympian who competes in an event most weeks, is not big on fang around. She simply puts her left hand through my cocked right arm, and we're off.

The first kilometre or so is on country lanes and, save for a short, sharp hill and a couple of speed bumps, dead flat. One of the worst guides I had barely said anything for the first hour, Louise told me on the way to the start line. Cue endless blabbering from me.

I count down to our turning and then we weave into the forest. It's not as wet as the previous year but still boggy in places, with trip hazards every 100 metres or so. I work on refining my commentary, trying to deal only in plain facts: Tree root in five metres. Brambles at head height. It requires speed of thought and tongue ... a far cry from the meditative silence I usually associate with running.

We make good progress, though in places our pace is painfully slow. As runners from the second wave begin to flow past, I feel my competitiveness bristling. But gradually I begin to relax and to enjoy myself. Freed from the self-absorbed fixation with pace and place, I'm able to take in my environment, chat ... have fun, even.

There's a wonderful tortoise-and-hare moment when one of the leaders of the

second wave shoots past. We come round the corner to find him trying to excavate his expensive-looking trainer from the mud, cursing. Morning, says Louise brightly and, one suspects, mischievously, as we carefully pass.

We reach the obstacle section and power on, clambering under and over logs. On one particular 45-degree scramble, I'm braced for a hauling ... as well as a guiding ... role. But Louise's hand remains light on my arm; she's clearly not one for leaning on others.

With the help of my running buddy James, who has joined us, we assist Louise over the two river crossings, and then we're back on to the forest path for the return loop.

It's fascinating to see the reaction of spectators we pass. Bafflement. Dawning realisation. Whole-hearted admiration. Several times, words of encouragement pursue us down the track. Fellow runners seem equally awed. Any impatience from those trying to get by quickly gives way to mortification, and some seem visibly buoyed by the sight of the pair of us, their own struggle placed in context.

Back onto the lane and into the final two kilometres. As we tackle the downhill, I feel a tightening of the hand on my arm (blind runners dislike downhills in much the same way as the sighted abhor climbs).

But once on the flat, I feel Louise kick into gear (she's a two-hour half-marathon finisher) and we zoom up the final straight, stride to stride in fluid teamwork. Last year, it was just the marshals and me at this point. Now, it's like turning up tactically late to a party, with raucous applause from the dozens of runners milling around. I feel elated ... the sense of collective achievement far outweighs individual satisfaction.

We've clocked 1:29 ... 15 minutes quicker than Louise's time last year, with nearly a dozen runners behind us. I feel quietly proud of myself and eager to try guiding again. You did it, she says Louise, as we tuck into cake and bacon butties in the clubhouse, before adding with a grin: Don't take it personally, but guides are usually much better the second time around.

run-forest-run.co.uk

T

#### POWERED BY RENAULT

Renault has been associated with the London Marathon for over 20 years and is proud to be the official car provider. Renault is delighted to be the official sponsor of the **Runners World** Pace Team 2016. With its hands-free parking, lane-departure warning, traffic-sign recognition and blind-spot warning, the All-New Renault Kadjar boasts intuitive driving aids to help you. All are accessible via the 7" touchscreen multimedia system R-Link2.

So, whether you're training in the great outdoors or heading to the gym, your only challenge is deciding where you're going to go next.

**[RUNNERSWORLD.CO.UK/PACING](http://RUNNERSWORLD.CO.UK/PACING)**

# Be in the moment

For Jo Earlam, running is "a place where I can forget about everything". The 50-year-old from Devon has obsessive compulsive disorder (OCD). "With OCD your mind dwells on the past or worries about the future," she says. "When I'm running, I'm in the here and now."

Jo's symptoms started when she was in her early 20s, but it was diagnosed only a couple of years ago, when she suffered a serious episode and was referred to a therapist. "Within "ve minutes, she told me I had OCD."

Jo likens the condition to not being able to differentiate spam and junk mail from important emails. "You get a thought and can't let go of it," she explains. "You read it, save it, worry over it, but you don't delete it. It can make you feel really down."

After her diagnosis, Jo started a blog ... Obsessive Compulsive Running (joearlam.wordpress.com). "I decided to

be very honest about my condition. I worried what people might think, but I'm so glad I did it. Lots of people have said it has helped them."

Therapy and mindfulness training have helped Jo better manage her OCD ("I'm pretty good at mentally pressing •delete• now!"), but running has long been part of feeling physically and mentally well. "I took it up 10 years ago, after a few false starts," says the former journalist, who ran her 50th marathon last year. "I'm not fast, but I really enjoy long distances." OCD sufferers are often

TIME OUT  
Jo "nishing the  
Edinburgh Marathon;  
and (below) running  
The Wall Ultra

portrayed as obsessive •checkers• or cleaning "ends, but Jo says this is less of a symptom and more of a distraction from the inner turmoil. "Running provides that for me," she says. "When I'm struggling, the best therapy is to run across the Devon hills with my two dogs. The physicality of it gives me some headspace."

## Keep pace

When Steve Edwards "nished his" rst marathon in 1981 he set himself a goal: to become one of the world's most successful multi-marathon runners. On completing the Bournemouth Marathon last October, Steve (left) achieved a world best ... 700 marathons with the fastest average "nish time: 3:17:55 (his PB is 2:5). "My new ambition is to try for 1,000, hopefully with an average "nish of sub-3:20," he says. "I don't know if my body will hold up, but I'm going to give it a go."

justgiving.com/  
team@edwards1000

## Pic 50,000 winners

In a "ash of inspiration, Steve Frith from Barnsley has combined two passions ... running and photography ... to raise more than £6,000 for charity. Travelling to races with his trusty hound, Willow, Steve photographs runners and uploads the images onto a Flickr site.

"The images can be downloaded for free, but I encourage a donation to Malaria No More UK, a charity committed to ending deaths from malaria," says the 63-year-old retired teacher. "I "nd it shocking that in parts of Africa it is responsible for up to half of all deaths in schoolchildren."

Steve has taken more than 50,000 photographs at more than 150 events, almost all of which he

is familiar with.

"Knowledge of the courses helps to "nd the best vantage points," he says. "I particularly like photographing a local race called The Trunce. The river crossing provides a great backdrop to capture images of runners smiling and shouting ... being there makes me feel like part of a huge

PHOTO OP  
Steve with his  
dog, Willow

family." Steve, a member of Penistone Footpath Runners, is proud to have bagged a few age category prizes as a veteran. "But it's a combination of the stress release, camaraderie and majestic landscapes that keeps me running."

ickr.com/photos/mossie  
netphotography/albums

## LETTER OF THE MONTH

### Putting in the air miles

As I prepare for my "rst marathon I am keen to keep training even when travelling. So when I checked in to an airport hotel recently, I was impressed to "nd a •run station•, o ering water, fruit, towels and a map of three local routes. I hope to see this in more hotel lobbies in future.  
Vince Taylor,  
Aberdeen

### Faithful friend

I have been running on and o for 32 years. I•m not a great runner, but it is an integral part of my life that I would miss hugely if I could not do it. *Runner•s World* has been part of my journey, showing up like an old friend when I•ve needed encouragement, motivation and sound advice. It has never failed to remind me why I love to run and get me back out on the road again when I•ve drifted. Thank you.  
Gina Smith, West Moors, Dorset

Why do people use the term •warm down•? It sounds like nonsense to me. What•s next, a cool up? Please help banish the misnomer.

Julius Naim, by email

Do some running terms bother you? Let us know!

### Litter really bugs me

Fed up with litter on my runs, I•ve joined the Facebook page Be a Running Womble, which encourages runners to pick up just one piece of rubbish per run. Let•s show the wider community we are a force for good!  
Jason Dickinson,  
Carmarthen

### Run salutation

Thank you so much for *Knot on my watch* (RW, Feb). I have been a yogi for a few years now and running for a year. I think the run-speci"c routine will help me get out there and enjoy running safely, hopefully for many years to come.  
Helen Rutter,  
Scarborough

### Keeping the fun in running

I started running again two years ago, after a long break. I ran a couple of half marathons but soon realised I didn•t want to race anymore. I don•t like the logistics or crowds. I love running, however, and enjoy every second when I•m out there. For me, running is not about speed or competition. I am sure there are others like me, who•d like to read more in RW about the pure joy of running.  
Dr Witold Skalbani, Alfreton, East Midlands

## The month in mail

26

cent of letters said *Runner•s World* inspired them.

2

people wrote to say they were pleased to see visually impaired runners in the magazine.

1

reader asked us for an in-depth (sorry!) article on aqua running.

•I read every page of every edition, which I never do with any other magazine.  
Suzanne Todd, South Shields

Write Letters, *Runner•s World*, 33 Broadwick St, London W1F 0DQ

Twitter @runnersworlduk

\* Letters should be marked for publication and include your name, address and shoe size. We reserve the right to edit letters for space reasons

# Jamie Ramsay

One man, one epic solo journey, one mighty beard

In August 2014, Jamie Ramsay set off to run solo and unsupported from Vancouver to Buenos Aires. Fourteen countries, 17,000km, 17 pairs of shoes and 367 running days later, he reached the Argentine capital. The 36-year-old Scot has raised more than £18,000 for charity.

Why did you do it?

After 12 years sitting at a desk I found myself asking: what am I doing? So I decided to plan something epic that justified quitting my job.

And why Canada to South America?

Once I had calculated how many miles I could run in a year, I started looking at possible routes. Going round the world wasn't possible ... too many languages, visas and the odd war zone. Running to South Africa was dogged by the same problems. Then someone suggested Canada to Buenos Aires: two languages, relatively safe and all on a UK passport.

How long did it take to prepare?

People assume that planning such an expedition involves a huge logistical workload, but it's not the case. Once you have the right equipment and a good level of fitness [Jamie had a few marathons under his belt], it's just about getting out there and hitting the

road. You never know how far you can run in a day, so planned stops don't really work. It's very freeing just to run and "nish where you "nish.

What did you take with you?

I used a running stroller that contained everything I needed. I had a tent and sleeping bag, a cooker, clothes, food and water. In North America I camped most nights, but through Central and South America I mostly used cheap hostels.

What weather did you encounter?

I was fortunate that on the whole expedition it rained less than 20 days. But in Central America, the humidity was sometimes unbearable, while in Argentina I faced temperatures of 45C ... I was drinking six litres of water a day. At the other extreme, it was -10C when I was crossing the Andes.

How did you fuel yourself?

My normal daily menu would be porridge in the morning, pasta and tuna in the evening and then whatever I could "nd during the day. Raw sugar cane, lots of fruit, ceviche, biscuits, ice cream ... even iguana, once!

How did your body hold up?

On day three I had an Achilles problem and feared the whole expedition was in

jeopardy. Luckily, the pain subsided. The biggest problem came from bladder infections caused by dehydration and drinking bad water.

What were the low points?

I quickly learned not to let low points dictate how I felt. When I felt overwhelmed, I would just stop, think about what I'd be doing if I wasn't doing this and remember how lucky I was.

What were the highlights?

It is hard to pick out a particular moment. From a physical point of view, running across the Atacama Desert and then going up and over The Andes was huge personal achievement.

What's with the teddy bear?

I found Carlos stuck in a tree in Baja California, in Mexico. I rescued him, named him after my brother Charles, and he was my companion for the rest of the expedition.

How did you celebrate "nishing?

My celebration was the last stage in London. I "ew back from Buenos Aires, was met by friends at Heathrow and we all jogged into central London, picking up other runners up along the way.

What's next?

I am planning a couple of challenges. If the expedition taught me anything it is that we can achieve more than we think

○ Jamie is fundraising for the

Campaign Against Living Miserably (CALM), which works to reduce the incidence of male suicide; Macmillan Cancer Support; and WaterAid. Visit [jamieisrunning.com](http://jamieisrunning.com).





# RUNNING COMMENTARY

THOUGHT  
THAT  
COUNTS

Murphy's  
Lore

## •Let's hear it for the beginner•

New runners often express their fear of being stared at, mocked or heckled when they head out. I would dearly love to be able to reassure them that it won't happen ... that people are too wrapped up in their own lives to take notice ... but I've heard too many stories to the contrary (in fact, it's one of the main reasons I set up beginners' group courses last year, providing safety in numbers). Passers-by, drivers and, worst ... albeit rarest ... of all, other runners seem to think that because running happens in a public arena it's open season for passing cruel personal judgements: too fat, too thin, too slow, too puce, too old!

I know many a runner whose feelings of self-consciousness drove them to clock up their "rst miles under cover of darkness or on treadmills rigged up in dingy garages. Now, you could counter that it's not just new runners who are regularly heckled ... we are all fair (or should that be unfair) game. But the depressing fact is that it is new runners who are most likely to be so undermined by mean or thoughtless comments that they begin to question whether running is for them at all, which is a terrible shame. For us long-termers, running is a given. Yes, we've still got to crawl out of bed, open the front door and go, but it's as much a part of our routine as taking a shower or going to work. We don't have to

fight the daily battle between the part of ourselves that says, "Come on, it's time for your run," and the part that says, "But it'll hurt... everyone will laugh at me! maybe I'll go another day!" Every new runner who wins that battle deserves admiration, not cheap and ignorant insults.

Last summer, new runner Lindsey Swift wrote an open letter on Facebook to the van driver who heckled her about her size while she was out running. It went viral\*. Lindsey wrote: "Normally I don't get militant about these things, idiots are idiots. However, I can see why comments like these might put a person less confident than me off from running, and that is shameful."

I agree. It takes courage to make a lifestyle change, even more so

to lay bare your weaknesses and insecurities. You may be confident in your daily life and work, master of the boardroom, the classroom, the operating theatre, accustomed to calling the shots, commanding respect and seeing success, but none of that matters when you rock up for week one of a beginners' course to chug around the park for the "rst time in a pair of baggy tracksuit bottoms and a loose-fitting top. Running, the great leveller, cuts through social hierarchies, making us all equal. What a shame it is, then, for anyone ... especially another runner ... to attempt to create a new hierarchy by judging others harshly for their lack of speed or seriousness, or the shape of their bodies. I'd like to remind the wiry middle-aged club stalwart (whom I've heard doing precisely that on more than one occasion) that we were all beginners once.

When a new runner says, "I'm not a real runner like you," or "I'm no athlete," despite turning up every week with the running shoes and quiet determination, I try to assure them that they are runners, very definitely. But perhaps they will never believe it until the day they pass an unfamiliar runner on the street and instead of raised eyebrows or hushed whispers they get a nod of recognition from a fellow spirit.

There's not much we can do to prevent the world's many idiots from shouting abuse at a shuffling, panting, struggling beginner. But the rest of us can offer a smile or a word of encouragement ... or, simply, nod of recognition ... to let them know that we know they are part of the club. Such small gestures might just help them win the next day's inner battle.

One of my budding newcomers said the other day, "Look at us ... what a motley crew! You must be embarrassed to be seen with us!" Stella, I couldn't be prouder.

Sam Murphy tweets  
@SamMurphyRuns

31  
Percentage  
of female  
recreational  
marathon  
runners who  
say they've  
experienced  
urinary  
incontinence

\* www.facebook.com/lindsey.swift/posts/10156043200800157.



Tonk  
Talk

# •I started to feel tired in a way that was unusual•

It's my own fault. Everything was going really well and now I've done myself in. I forgot the perennial runner's truth ... no matter how well training is going, you're on a knife-edge, and you should always listen to your body.

My training for this year's London Marathon was gaining momentum. Running like a dog, eating like a monk, drinking water like a hot-yoga devotee. This particular week had started so well. The long run on Monday went smoothly, the miles ticking along at a relaxed pace. Tuesday was a swim and sauna to ease and stretch the muscles.

It was Wednesday when it started to go off course. My wife and I drove from London to Devon to shift some furniture ... a "ve-and-a-half-hour drive in a van with a sti clutch. I arrived knackered from driving and with my calf starting to ache; this was followed by lots of heavy lifting. Next morning I went for a bit of fartlek. But then, horrifyingly, came the drive back, which took six hours. There was more heavy clutch action for my calf, discomfort from the utilitarian seats and the almost tear-inducing frustration of hitting rush hour on the way into London.

My easy run the next morning felt OK and a Parkrun on Saturday felt good ... a season's PB. I started to dream about the marathon. I began to see another level that may be attainable. Yes, the will has hardened. The demon drink has been demoted, that's old Paul. New

Paul buys aloe vera drinks and instead of scooping a pack of cookies when he's hungry he eats hideously overpriced protein balls.

On Saturday afternoon I drove for four hours up north for two gigs, staying at my Dad's. I started to feel a bit tired in a way that felt unusual ... too-tired-to-sleep tired, with a vague buzzing in the head. I had a swim and a sauna on Sunday, after which I felt very hot for a while, sweating and slightly achy. Then a two-hour round trip for a gig, followed by a poor night's sleep; and an early start on Monday morning for the drive back to London. I arrived at 1pm, feeling very tired.

This was the moment I could have helped myself. My body was screaming for sleep but I resisted the call ... it was, after all, long-run Monday. Now, of course, it didn't have to be long-run Monday, it could have been have a hot bath, a kip and loads of grapes Monday, but the schedule said long run and I am a robot, so I didn't even try to snatch a 30-minute power nap, I just put on my stupid, "red up the Garmin and launched off. I knew I wasn't right but I thought I might be able to run myself out of the ill-de"ned torpor. After a mile I was sweating heavily. After two I was drenched. After four my calf cramped up, so bad that I stopped.

This was another avenue of self-preserving opportunity I failed to travel down. At this stage I was obviously unwell, with a fever of some kind, and the calf felt wrong.

Dumbbell  
row (n)  
Altercation that occurs when someone grabs the weights you're using as soon as you put them down to mop your brow

Why not just stop and walk home? No, the idiot Tonks argued, I am a warrior and my body will adapt ... pain is an emotion! It's not like the marathon isn't going to hurt, is it? This is training. So I stretched and carried on to the end. And my body did adapt, but only because my body is an intelligent organism used to dealing with a pig-headed owner. My stride adjusted to the fact I couldn't run properly and I limped in after an hour and a half, covered in a sheen of cold sweat. I munched some protein balls and hopped upstairs in triumph.

That night a fever fell upon the idiot, with hot sweats and cold shivers leading to sleeplessness and torment. Images of the week "ashed into my mind ... the 20 hours of driving, the buzzing head, the exhaustion when I got home. It was all too much. I hadn't listened to my body. So it doesn't matter that as I write this the schedule says it's long-reps Wednesday. It's not. Life says: I'm ill.

OPaul Tonkinson is a standup comedian who spends his time running and philosophising. Check out Paul's new running podcast, Running Commentary ... available now on iTunes.

•Our bodies are our gardens to which our wills are gardeners. •

William Shakespeare,  
*Othello*

•If the mind, that rules the body, ever so far forgets itself as to trample on its slave, the slave is never generous enough to forgive the injury, but will /smite the oppressor. •

Henry Wadsworth Longfellow,  
1807-1882, poet

•The stronger the body, the more it obeys; the weaker the body, the more it commands. •

Jean-Jacques Rousseau,  
1712...1778, philosopher

•Our own physical body possesses a wisdom which we who inhabit the body lack. •

Henry Miller,  
1891-1980, writer

# Runner•s

# 1

## Stow me the money

Adding a “financial incentive to your runs could deliver the extra push you need to keep hitting the road. Create your own rewards system by stashing a certain amount ... say, £1 ... for every mile you run, then at a set date (after your next race, or in six months) spend the cash on yourself. The payoff will go beyond that new pair of jeans you’ve been after: •External rewards are wonderful incentives because they often transform into internal rewards,• says Harvard Medical School sports psychologist Jeffrey Brown, author of *The Runner’s Brain* (Rodale). •The payoff includes increased confidence in reaching a goal.•

## More is less

Now take your jam jar jammed with £1 coins into the modern age with the ingenious running site Runningheroes.com, membership of which allows you to earn points through exercise, which can then be translated into money-offers at a variety of partners, including Spotify, Ashmei, Mizuno, Uber, Solgar, Polar and many others.

## Sore point

4

If aching muscles are a regular roadblock to your running

motivation, supping up could clear the way. A study published in the *International Journal of Sport Nutrition and Exercise Metabolism* found participants taking an L-glutamine supplement reduced post-exercise delayed onset muscle soreness (DOMS), especially in women; and recovered their muscle strength faster, especially in men.

## Bright future

Your best 100m times may be behind you, but age needn’t be a barrier

to a motivation-boosting PB target if you play the long game. Analysis of the fastest ultra-marathon runners from 1960 to 2012 published in the *Journal of Strength and Conditioning Research* found that the average age of the fastest man has increased from 29 to 40 (though for the fastest woman it’s held at steady at 35).

## Chubby genes or skinny jeans?

If you're starting to think that running can't win in the battle against your genetic predisposition to weight gain, don't give up on sole power. Research at McMaster University, Canada, which analysed data from over 17,000 adults suggests that while variants of the 14 genes studied do have the potential to increase a person's risk of becoming obese, physical exercise can reduce that risk by up to 75 per cent. In other words, when it comes to your weight, you can outrun your genetic destiny.

## Gear up

### 7-13

Running can be the simplest, and cheapest, of sports, but these savvy kit upgrades (7-9) could deliver motivating marginal gains. And if you invest in new kit that really takes your fancy you could send your motivation up (and your times down). It's called •enclothed cognition• ... a term coined by researchers at Northwestern University, Chicago, who found that the clothing a person wears can trigger mental changes that positively affect their performance. In short, if you look and feel the part, you're more likely to act it, too. These luxury kit picks from RW Gear Editor Kerry McCarthy (10-13) will set you on your way:

Fitbit Blaze, £159.99, [fitbit.com/uk](http://fitbit.com/uk)

This new smartwatch provides all the functionality tech-heads have come to expect ... sleep tracking, calorie burn,

steps, texts, emails, app synchronisation and GPS tracking (via Bluetooth connection to your smartphone). But it goes beyond the standard, with wrist-based heart-rate monitor, automatic multisport exercise recognition, and a choice of on-screen workouts to follow.

Activbod Mind Over Matter Balm, £7, [activbod.co.uk](http://activbod.co.uk)

A roll-on stick containing peppermint, sage and rosemary that the makers say will, when rubbed on your pulse points before exercise, help you focus and perform better. Fragrant snake oil? We found it does seem to have an effect when used regularly as part of a training prep routine, while a study published in the *Journal of Sport & Exercise Psychology* found that sniffing peppermint resulted in increased running speed.

Under Armour Speedform Gemini 2 RE, £130, [underarmour.co.uk](http://underarmour.co.uk)

The second iteration of this lightweight neutral shoe contains a chip in the midsole that performs the role of rudimentary training watch, using accelerometers to track pace, time, distance and cadence. It starts and stops automatically with your running, you can upload the data to MapMyRun and the battery lasts three years ... probably the life of the shoe (at least). It won't replace your prized GPS watch, but it's a comforting fallback in case your watch battery dies or GPS cuts out under building cover.

Sheen Black Gilet, £135, [ieyroad.com](http://ieyroad.com)

A highly weather-resistant gilet from retro-style running specialists Iey Road. It's so light and flexible it stows into its own back pocket, and is comprised of three layers, with an outer that's waterproof, windproof and breathable.

Three Seasons Shorts, £65, [soarrunning.com](http://soarrunning.com)

Loose-fitting shorts from this relatively new, high-end, men-only running brand. As the name suggests they're suitable for much of the year; the seams are bonded to avoid chafing, the inner is all-encompassing and soft, and there's a rear zip pocket.

Women's Merino Running Sweatshirt, £100, [ashmei.com](http://ashmei.com)

This soft, figure-hugging technical hoody is a beautiful piece of kit. The hood moves with your head instead of impeding your vision, it's temperature-regulating for warmth in winter and keeping you cool and dry in spring and autumn.

Feetures Elite Merino+ Light Cushion Quarter Sock, £16, [run4it.com](http://run4it.com)

Don't wait till your run has finished to pamper your feet. These are soft, cosy, cushioned, highly wicking, non-slip, breathable and naturally anti-odour. A small-investment-high-return addition to your running wardrobe.

## Go on, liver little

Just a little running can do a lot for your liver. A study published in the *Journal of Hepatology* found that three different eight-week exercise programmes ... 60 mins of low to moderate activity four times a week, 45 mins of high-intensity activity three days a week, or 45 mins of low to moderate activity three days a week ... all significantly reduced liver fat and visceral adipose tissue.

## Blast from the past

Next time you're struck by a willpower-cut, think bright thoughts about a great run or race from the past. In a study published in *Memory*, this recall of a previous positive exercise experience was associated with increased motivation to exercise again.

## Memory Jog

It's not just your heart and lungs that will thank you for lacing up your running shoes. Recent Boston University Medical Center research found that better cardiorespiratory fitness was associated with larger brain volume and better memory-test performance.

## Bad weather? Good running!

When spring has not sprung quite as much as those of us with outdoor miles in our diaries would have liked, a glance through the window at the frost, wind and rain can be a serious motivation sapper. But there are reasons to embrace the unfriendly elements:

When it's cold, your body burns blubber. Research published in *Frontiers in Physiology* found cold conditions increased the use of fat as fuel when you run at sub-maximum effort.

When it's windy, you tame the lion. Running in blustery conditions develops strength and stamina, says

coach Brendan Cournane. "Like running on hills or sandy beaches, pushing against the wind is a resistance exercise that makes your legs work harder. Most runners make the mistake of clenching their bodies and lowering their heads; instead stay relaxed and loose, bending forward from the ankles, like when you're running uphill," says Cournane. He recommends starting your runs into the wind (when your muscles are fresh), and ending with a tailwind. With more experience you can "tip this round; battling wind

when you're tired develops the confidence, power and endurance that you'll want on race days. For more on running into the wind, see p83.

When it's raining, embrace your inner child. There's a growing body of expert opinion that says bringing playfulness into exercise can aid motivation and help keep you running (see RW, Dec 15 for more on this). A rainy day is the perfect opportunity to leave the Garmin behind, stick on an old pair of shoes and jump in every puddle you find to inject a little more fun into your run.

## City quicker

So many major world cities, so little time. Keep mind and body refreshed by combining city-break sightseeing with your chosen sport on a city running tour. The following locations have well-established companies taking runners on a tour of major city landmarks.

- 20/ New York ([cityrunningtours.com.newyorkcity](http://cityrunningtours.com.newyorkcity))
- 21/ Lisbon ([lisboncityrunners.com](http://lisboncityrunners.com))
- 22/ Buenos Aires ([urbanrunningtours.com.ar](http://urbanrunningtours.com.ar))
- 23/ Rome ([livitaly.com/tours](http://livitaly.com/tours))
- 24/ Tokyo ([www.tokyorunning.jp](http://www.tokyorunning.jp))
- 25/ Melbourne ([runningtours.com.au](http://runningtours.com.au))
- 26/ Istanbul ([marathontrk.com/eurasia](http://marathontrk.com/eurasia))
- 27/ Moscow ([gorunningtours.com](http://gorunningtours.com))
- 28/ Madrid ([madridsightrunning.com](http://madridsightrunning.com))
- 29/ Stockholm ([runwithmestockholm.com](http://runwithmestockholm.com))
- 30/ Copenhagen ([running-copenhagen.dk](http://running-copenhagen.dk))
- 31/ Barcelona ([gorunningtours.com](http://gorunningtours.com))
- 32/ Cape Town ([capehikingandrunningtours.com](http://capehikingandrunningtours.com))

## 33 Junk miles

The occasional post-run takeaway reward won't slow you down, says

a study in the International Journal of Sport Nutrition and Exercise Metabolism. After a 90-minute glycogen-depletion workout, subjects were given either isoenergetic sport supplements or fast food while they recovered. Tests found no differences in their rate of glycogen recovery, blood sugar, insulin response or in their performance in a 20km bike time trial following the recovery period.

## Turn a new page

Book time with one of these tomes to re-re your running mojo:

**Once A Runner** (£9.99, Scribner)  
Originally self-published by author John L. Parker in 1978 and republished last July, this enthralling tale of a college runner struggling to make the Olympics is regarded as one of the greats of running fiction.

**Runner** (£12.99, Aurum)  
This heart-felt paean to running in the mountains from British ultra-running legend Lizzy Hawker will have you trotting down to your running shop to pick out some trail shoes.

## And the beat goes on

You probably realise that running now is an investment in your future health, but new research published in the Journal of the American Medical Association confirms how high the returns can be. Following thousands of adults from initial fitness tests in the 1980s to follow-up tests an average of 27 years later, researchers found that higher early cardiorespiratory fitness was associated with better heart health and a lower death rate from heart-related issues, or any cause.

## Take heart

37 You don't have to wait that long for the benefits to kick

in, though. A new study from Massachusetts General Hospital, found training for a marathon can trigger structural changes in the hearts of

recreational runners previously only thought to occur in elites, lowering their risk of cardiovascular disease.

## Group dynamic

Be it real-world or virtual, social interaction with like-minded souls can be the spur you need to keep going. Reach out at

**Tribesports** (Tribesports.com)  
This exercise-focused social network inspires huge loyalty among its members, who swap tips, inspiration, banter and information ... and earn points through exercise, which can unlock material and virtual benefits.

**Sportable** (Sportableapp.com)  
A mobile app that allows recreational athletes to discover and organise local activities. Use it to find running buddies, organise group trots or locate a new running club.

## Breathe easy

If you struggle with asthma, here's another reason to run: a study on mice published in the Scandinavian Journal of Medicine and Science in Sports suggests regular moderate aerobic exercise (30 mins at a moderate pace three times a week for eight weeks) can ease the severity of asthma attacks, improving lung function and altering inflammatory response.

## Train smarter

41-43 If you want to make every session count, invest in smart tech.

**Garmin Connect Insights** (Connect.garmin.com)  
A new service from Garmin for members of its Connect online training portal, which uses not only your own data but that of athletes like you to give you personalised feedback on your training, as well as tips, advice, and items it thinks are of interest.

**Ithlete** (Myithlete.com)  
A clever training tool that could be invaluable in your fight against the injury-inducing, will-sapping effects of

overtraining. It's an app that measures your heart-rate variability (the gap between beats of your heart) and tells you when you're too fatigued to train and when you're good to go.

## Strava (strava.com)

If you haven't yet immersed yourself in Datatopia, signing up could be just the driver you need. Record and access the minutiae of every run, engage with other users, compare performance over individual matched runs, monitor cumulative totals fit might just change your life. A little.

## Spaghetti function

The guilt-free consumption of carbs is one of the great rewards of our sport. And despite recent questioning of the carb-loading principle, it seems you can still pound those pavements powered by penne. Australian research published in the Journal of Applied Physiology found carbs are the primary energy source used by the body during half marathons.

## Variety show

A sure-fire way to stop your training from going stale is to mix things up a bit. To stay refreshed and engaged, try these easy ways of introducing a little variety into your routine:

### Class Pass (Classpass.com)

A useful 21st-century twist on traditional gym membership that could seriously expand your cross-training options. For a monthly fee you gain access to different types of classes at gyms all around your city ... and, indeed, the world, if you're travelling.

### Zombies, Run!

(Zombiesrungame.com)

One of the bestselling health and fitness apps around, this involves listening to a story of an unfolding zombie apocalypse and then reacting as you try to outrun the chasing undead while trying to reach other survivors. A fun way to get in some fartlek training.

### Acast (Acast.com)

If you don't want to listen to music on your long runs but you still fancy something that will distract you and also broaden your mind, this could be just the ticket. Acast is the iTunes for podcasts and offers a massive library of options, including several running-specific podcasts.

## Fun runs

### 48-57

Having a serious race goal is great, but add some variety to your race calendar by throwing in a few events where you can concentrate on having fun. Here's our pick:

### Race The Train, Wales,

August 20

A quirky classic that's more than 30 years old. Run a 14-mile cross-country course alongside the preserved Talylyn Railway line and try to beat the steam engine to the finish line. Racethetrain.com

### Wife Carrying Race, Surrey,

March 6

Try running 380m up and down a hill in Dorking, negotiating hay bales, adults with buckets of water and kids with super soakers ... all while carrying your wife (or another willing person). Tronium.com

### Man v Horse, Wales, June 11

Every year since 1980 runners have lined up in the Welsh village of Llanwrtyd Wells to race riders on horseback across a rough off-road course. Green-events.co.uk

### Great Gorilla Run, London,

September 17

Eight miles round the City of London dressed in a full (and fairly toasty) gorilla suit is a recipe for some major monkeying around (and yes, we know gorillas aren't monkeys, but you get the point). Greatgorillarun.org

### Streak for Tigers, London, August 11

Just the ticket for all those itching to run naked in close proximity to some of the world's most ferocious apex predators. It's a 350m course round London Zoo, with only painted-on tiger stripes for running kit. Zsl.org

### Doughnut Dash, Essex, September 13

Five miles at kilometres around Castle Park in Colchester: piece of cake, right? Not when you have to consume a ring doughnut every kilometre. Doughnutdash.org.uk

### Color Run, Nationwide, throughout 2016

A global fun-run phenomenon that shows no signs of slowing up. Run 5K wearing a white T-shirt while getting pelted with a different colour of paint powder every kilometre. Thecolourrun.co.uk

### Electric Run, London/Manchester/Glasgow throughout 2016

Run, dance or stroll your way along a 5K course at night while taking in a light-and-sound show that Pink Floyd would have been proud of. Electricrun.co.uk

### Y-Front Run, Eastbourne and Hastings, September 2016

Five kilometres in aid of prostate cancer, open to guys and gals. You don't have to be cladonly in your undies, although that's the outfit of choice for many. Yfrontonrun.co.uk

### The Cheese Roll, Gloucestershire, May 30

A centuries-old tradition that is now an international event. A round of cheese weighing 7-8lb is rolled down Cooper's Hill, pursued by the masses. First to the bottom wins the cheese. Cheese-rolling.co.uk

## Resolution reboot

In his research, psychologist Dr John Norcross found that three months after making a resolution, 50 per cent of resolvers had fallen off the good-intentions wagon. But his research also revealed that people who make resolutions are 10 times more likely to change their behaviour than those who don't. If you're struggling to stick to a running resolution, stop thinking you have to go running, says Scott Douglas, co-author of *Meb for Mortals*



**Tenerife Top Training**  
[tenerifetoptraining.com](http://tenerifetoptraining.com)  
 Tenerife is a popular training destination for many elite athletes, thanks to its mix of altitude, varied topography, warm weather and relative solitude. This training resort caters for numerous sports (with plenty of space for running) and offers excellent facilities.

**Contours Trail Running Holidays**, [Contours.co.uk](http://Contours.co.uk)  
 Closer to home, try one of the new trail-running holidays from walking-tour specialists Contours. Explore the no road nooks and crannies of the country while your baggage is moved for you to each night's accommodation.

**Nightswapping**, [nightswapping.com](http://nightswapping.com)  
 This is a cashless version of AirBnB. Join the global network and allow members to stay in your spare room (or whole house). This earns you nights you can redeem in members' houses around the world.

## Train in vein

Another reason to HIIT the road: A study review published in Sports Medicine concluded that 12 weeks of thrice-weekly high-intensity interval training is a powerful way to enhance vascular function.

## Get on the ladder

After all the fun, how about an appeal to your more competitive side? Enter your result from a British Athletics-recognised race at [runbritainrankings.com](http://runbritainrankings.com), claim your age-graded handicap score and your place on the national rankings ladder ... then set your sights on moving on up.

## Trick question

**66** Here's a sneaky DIY psych trick: a review published in the Journal of Consumer Psychology of more than 100 studies examined the question-behaviour effect, a phenomenon in which asking people about performing a behaviour influences whether they do it or not. It concluded that asking questions about whether you will do a certain thing makes positive behaviour more likely to happen. So, are you going for that long run?

(Rodale). That mindset can make running feel like an obligation. Instead, he advises reframing your running in the language of reward, saying you get to go for a run.

## The bib idea

A goal race is one of the most powerful motivators, but when injury (or life in general) derails your plans, it can leave you flat. Time to find a new race, without any further strain on your finances, via Bibswitch.com. Ever swapped gig tickets on an online portal? This is the same principle, except you're doing it with that race place you can no longer use. It means your entry can go to a good home and, in return, you can

browse worldwide for entries at other races. Still in its infancy, here's hoping this big idea takes off.

## Get away

### 60-63

Whether you're after warm-weather training, hidden trails or a foreign race minus the accommodation costs, a change of scene can inject some enthusiasm.

**The Body Holiday Quadrathlon**, [thebodyholiday.com](http://thebodyholiday.com)  
 A luxury health resort in St Lucia offering a full complement of facilities and activities. Their newest offering is a stunning quadrathlon, comprised of trail running, mountain biking, rappelling and sea kayaking.





**Y**ou don't hit your limit just because lactic acid

is scorching your muscles. The many sensations you feel while running each correspond to a different mini-crisis in your body, and they combine to determine whether you can hold your pace. Last year, exercise scientists gathered in San Diego, US, to share the latest results in their search for the limits of endurance. They discussed new topics such as metabolites and mental fatigue, as well as familiar foes including heat and hydration. Here is what their findings reveal about what's behind the pain of trying for a PB, and how you can push a little harder.

## •I can't catch my breath!•

**CAUSE** Oxygen deficit

**OCCURRENCE** Shortly after starting to run

**ANTIDOTE** A •priming• warm-up, including a sustained burst of intense running

**T**he first rep of an interval workout always feels hard; the next rep, however, seems easier. •Your breathing rate doesn't fall; you just kind of settle into it,• says Dr Andrew Jones, an exercise physiologist at the University of Exeter. What you experience is the result of a brief mismatch between the oxygen your legs require and the oxygen your heart and lungs are able to deliver. When you start running, your muscles' oxygen needs immediately

spike, but the time it takes for the rest of your body to respond is dictated by your •oxygen kinetics•, or response time. This oxygen deficit triggers signals that cause your breathing and heart rate to speed up and your blood vessels to dilate, as well as activating oxygen-processing enzymes in the muscles. As a result, within two to three minutes, your muscles are getting enough oxygen.

The temporary oxygen shortage has lasting implications, though. To meet the energy shortfall, your muscles tap into their anaerobic (oxygen-free) fuel stores. That produces metabolic by-products that make your muscles feel fatigued ... and it also leaves you with less energy for the final anaerobic sprint at the end of the run. •What you burn up in the first couple of minutes is never going to replenish unless you slow right down,• says Jones.

To fight this oxygen deficit, Jones and others are studying an approach called •priming,• which gets that first-rep fatigue out of the way before the race (or first rep). Ten to 20 minutes before the start, include a sustained burst of intense running in your warm-up, 45-60 seconds at 5K race pace, for example. This will activate enzymes and dilate blood vessels, while also allowing you time to recover before the race starts.

Heat

# •I'm running harder, but I'm still not getting any faster!•

CAUSE Inefficient muscle-fibre recruitment

OCCURRENCE Sustained medium efforts (such as 10Ks and half marathons)

ANTIDOTE Train your fast-twitch fibres to be more efficient

**T**he early miles of a half marathon often feel pretty easy. You're not running fast enough to accumulate high levels of lactate and other metabolites; and, unlike in a marathon, you're not running far enough to empty fuel stores. So why does it eventually ... and inevitably ... get so hard?

The answer, according to studies from the University of Copenhagen, once again depends on oxygen kinetics. Over the course of a sustained run at half-marathon pace or faster, the amount of energy (and thus oxygen) needed to maintain that pace gradually inches upward. Over the course of 10-20 minutes, your oxygen consumption can drift upward by as much as 25 per cent, making it progressively harder for you to hold your pace.

This drift is the result of a shift to recruiting less-efficient muscle fibres. When you start running, you

automatically recruit mostly slow-twitch muscle fibres, which are suited for long-distance running because they're efficient and take a long time to fatigue. As time goes on, though, individual fibres begin to fatigue and run low on fuel. To replace them, your brain must recruit fast-twitch fibres, which demand more energy ... and oxygen ... to deliver the same output.

One way to tackle this problem is to train your fast-twitch fibres, which are usually deployed for explosive movements, to be more efficient. •This might be one reason long runs are so important for marathoners, • Jones explains. A two-and-a-half hour run, even at a slow pace, will eventually deplete slow-twitch fibres and force fast-twitch ones to practise delivering slow and steady power. In response, they'll build endurance by ramping up mitochondrial content and adding capillaries to supply more blood.

## •Help! My legs are on fire!•

CAUSE Metabolite accumulation in your muscles triggers signals to your brain

OCCURRENCE Mile or 5K races, fast surges or "finishing sprints"

ANTIDOTE Short, fast interval workouts

**I**magine the searing muscular discomfort of a hard interval workout, but focused entirely in your thumb. That's the odd sensation that 10 lucky volunteers in a University of Utah, US, lab experienced in 2014, when a research team led by professors Alan Light and Markus Amann injected a cocktail of metabolites ... the chemical by-products that build up in your muscles during intense effort ... into their thumbs. The results were extraordinary: they created sensations of fatigue in subjects who were not moving a muscle.

For decades, scientists and athletes have talked about •lactic acid burn• triggered by intense exercise. When you run hard, you eventually reach a point where your aerobic energy system ... the ultra-efficient fuel supply that relies on oxygen delivered

Muscle damage

# •I can hardly lift my knackered legs!•

CAUSE Metabolite accumulation hinders muscle contraction

OCCURRENCE Near the end of hard races

ANTIDOTE Prudent pacing

by your heart and lungs ... can't supply energy to your muscles quickly enough. You turn instead to anaerobic (oxygen-free) energy sources, which provide much-needed fuel but also generate metabolites that build up in your muscles. One of those metabolites is, indeed, lactate (a molecule that's closely related to lactic acid). But despite its nasty reputation, lactate, on its own, doesn't make you tired.

Light and Amann tried injecting their volunteers with three different metabolites: lactate, protons (which make your muscle more acidic) and adenosine triphosphate, a form of cellular fuel. When the chemicals were injected alone or in pairs, nothing happened. But when they injected all three together ... bingo! At first the subjects reported feelings akin to •fatigue• and •heaviness• in their thumbs, even though they were sitting still. Then, when researchers injected higher metabolite levels that would correspond to all-out exercise, the sensations shifted to •ache• and •hot•... the so-called lactic burn, all created in a test tube.

These results show that, regardless of what it feels like, your muscles aren't being dissolved by lactic acid. It's only when special receptors in your leg muscles detect a particular combination of metabolites that they trigger a distress signal that travels up your spinal cord, which your brain interprets as a burning sensation. One solution? Train the receptors to be a little less sensitive by repeatedly triggering them in training. •The first time you do intervals after the off-season, you think you're dying,• notes Amann. But after just one or two workouts, •it already feels a bit better•.

OK, so now we know that the •lactic burn• is really just a sensation in the brain, triggered by nerve sensors in the muscles.

Does that mean that the muscles themselves can keep going indefinitely if you somehow ignore those signals? To find out, Amann and his colleagues injected a nerve block called fentanyl into the spines of study volunteers, preventing signals from travelling up from the leg muscles to the brain, and asked them to ride 5K as hard as they could on a stationary bike.

The results were dramatic. When the first subject finished and tried to step off the bike, he nearly collapsed on the floor before Amann and his researchers caught him. All subsequent subjects had to be helped off the bike. Some couldn't unclip their feet from the pedals, Amann recalls, •and not a single one was able to walk•. They had all been given a gift that many athletes dream of ... the ability to push as hard as they wanted without feeling much pain or fatigue ... and now they were paying the price, with muscles that had essentially ceased to function.

However, despite their temporary superhuman status, the subjects didn't ride faster than when they received a placebo injection. •They always feel great initially,• says Dr Gregory Blain, one of Amann's colleagues. •They're "ying. But we know they're going to crash. By the halfway point, the cyclists still felt great, but they started to look puzzled, because their legs were no longer responding to the commands sent by their brains. Whatever advantage they gained from their fast start was soon lost as their legs stopped responding to instructions.

In this case, the fatigue really is in the muscles rather than the brain. Without any warning signals in the brain, metabolites such as protons and phosphate ions accumulate far beyond levels that directly interfere with the ability of the muscle fibres to contract. In other words, the fatigue produced by metabolites isn't •all in your head• after all ... instead, you experience a mix of •central• (in the brain) and •peripheral• (in the muscles) fatigue during hard runs. Push too hard at the start of a race and you'll discover just how real those peripheral limits are.

## Dehydration

# •That's it. I give up!•

**CAUSE** Effort overload

**OCCURRENCE** Anytime you're pushing your limits

**ANTIDOTE** Train your brain

**I**t hurts too much. That's the simplest way to explain why you don't push a little harder in those "final miles. But it's not quite right. Pain isn't what holds you back.

When researchers at the University of Kent ran an electric current through the brains of study volunteers to dull their sense of pain ... using a technique called transcranial direct current stimulation ... it didn't improve how the subjects felt during exercise or how they performed in a ride to exhaustion on a stationary bike.

What matters, according to exercise physiologist Dr Samuele Marcora, one of the authors of the Kent study, is effort: the struggle to continue against a mounting desire to stop. All the other forms of fatigue ... oxygen deficits, metabolite accumulation, overheating, dehydration, muscle damage, fuel depletion and so on ... contribute to your overall sense of how hard it would be to maintain your pace or speed.

Effort, in other words, combines all the different fatigue signals that emanate from every corner of your body, and the moment of truth in any race corresponds to maximum effort.

Runners spend most of their training time trying to make their muscles, heart and lungs stronger and more efficient. But Marcora's theory suggests that altering your subjective sense of effort is another way to run faster. Studies have successfully altered perceived effort ... and endurance ... using techniques such as subliminal messages (smiling faces "asked for a fraction of a second), electric brain stimulation (with electrodes positioned to alter perceived effort instead of pain), motivational self-talk (Feeling good!) and "brain endurance training" (computerised tasks completed while exercising on a stationary bike).

The big question, though, remains unanswered: what is effort, exactly? Is it a psychological state? Is it the tactile sensation of your muscles contracting? Or is it, as Marcora believes, our overall sense of how hard it is to maintain race pace? We've learned a lot about what happens in the body when we run, and come up with explanations for many of the sensations we feel and limits we encounter. The next training leaps will come from understanding the brain.







I could hear their screeching howls through the canopy of oak and red maple trees that enshroud Lower Road in Brewster, Massachusetts. They were gaining, ready to pounce ... I had to sprint to avoid capture at sundown. I felt them closing in as the spring afternoon gave way to dusk and a spectral fog crept over me, "rst in misty sprays that tingled, then in thick blankets that rose slowly from the base of my neck to my forehead, penetrating my mind and disorienting my senses. Alone, I was soon enveloped in fear and paranoia.

At full gait, I "ew past Brewster's community gardens and its impenetrable stalks of corn, dashed by a forest of moss-covered locust trees bent in grim serpentine forms, and then sprinted in a panic past the ancient cemetery where baby Rhoda Mayo was buried in 1783, Dean Gray in 1796 and Reverend Otis Bacon ... who "fell asleep in Jesus", as his gravestone declares ... in 1849.

Where was Jesus now?

The demons kept advancing as the blazing red sun sank into Cape Cod Bay, doused like a candle. Faster and faster they chased, and faster and faster I ran. I was 61

that day, two years into my diagnosis, and with every ounce of my will I made it home. But I knew the demons would be back ... with a vengeance.

My life, once a distance run, has become a race for survival. That's the way it is with early onset Alzheimer's. It's like a death in slow motion, like having a sliver of your brain shaved every day. Alzheimer's stole my maternal grandfather, my mother and my paternal uncle. Now, at the age of 65, I am in its sights.

Before my diagnosis, I ran six miles a day along the back roads of Outer Cape Cod ... running at least one of them at a six-minute-mile pace. Not bad for a guy then in his late 50s. I ran for the simple love of it; the solitude was soothing and I enjoyed listening to the caw of herring gulls, the chirping chorus of the frogs, the cry of black-bellied whistling ducks.

After my diagnosis, the doctors told me that I had to ramp up my running. Research has shown that physical activity ... particularly in late afternoon ... helps to reduce the end-of-day confusion and restlessness that is common in dementia patients. Known as "sundowning", such symptoms are caused as light fades to black. This can also be a time of greater rage, agitation and mood swings; like dandelions, we behave differently at night, our heads closing up tightly as the sun goes down. So every day before dusk, I ran from the demons of confusion, anger and ongoing depression.

Photography Ian MacLellan

1/

2/

3/

Three years ago, the  
demons "nally chased  
me inside. Those  
country roads I loved  
eventually left me  
terribly lost in  
confusion and fear.  
My mind ... a icted

by the amyloid plaques and tangles of  
Alzheimer's ... could only focus on what it  
arbitrarily assigned as fearful and all I  
could hear were the chilling hoots of a  
barred owl. My mind grew dead to the  
song of shorebirds.

I retreated to the treadmill at Willy's  
Gym in nearby Orleans, where I held  
the railings so I wouldn't lose balance.  
But the monsters followed me there,  
too, taunting me with loss of self, greater  
rage and thoughts of suicide.

One damp autumn evening, the rage was  
crushing. Determined to outrun the "ends,  
I de"ned survival that day as a personal  
best for a mile, and so I asked a young  
woman at the gym counter to clock my run.

•No one will believe this,• I told her.  
She obliged.

I held the railings, looked straight ahead  
and imagined the run of my life. I was  
going to beat the demons, kick their ass.  
At the half-mile mark, my o cial timer  
informed me my time was three minutes,  
"ve seconds. Not fast enough, I thought.  
My pursuers were gaining. Not today, I  
kept telling myself. Not today!

A minute later, the young woman,  
concerned at my pace, asked, •Mr O'Brien,  
should you be doing this?•

•My dear,• I replied, panting, •You're  
asking me the wrong question. The  
question is, Could you be doing this  
when you're my age?•

She cheered me on. •You run like  
Superman,• she said. At the stroke of a  
mile, my time was "ve minutes, 20  
seconds, a PB. I beat the monsters that day.

Faster than a speeding bullet, more  
powerful than a locomotive.

Years ago, I thought I was Clark Kent. As  
a news reporter, I coveted the role, even  
wore at times a trademark blue T-shirt  
with the iconic Superman shield under  
my dress shirt. But these days, I feel more  
like a ba ed Jimmy Olsen, the "edgling  
photojournalist on the *Daily Planet*.  
And on days of muddle, more like Mr  
Magoo, the cartoon character created  
in 1949 who couldn't see for beans and  
was too obstinate to admit it.

These days, I get lost easily and don't  
recognise people I've known all my life,  
including, on two occasions, my wife.  
What was once familiar is now "eeting  
and my memory is a progression of blanks  
analogous to someone turning lights o

1

2

3

in my brain. Close to 60 per cent of my short-term memory can be gone in 30 seconds ... names, numbers, places, thoughts ... though the long-term memory survives in part, as it does for most people with early onset Alzheimer's. It is deeply dispiriting to lose a thought in a second, 86,400 seconds a day.

My days all begin the same, in disarray. At first light, I must focus on the 5Ws: the who, what, where, when and why of my

I'm alone, that nobody cares and that everything is starting to fade.

Some days are exceedingly terrifying, filled with hallucinations and delusions. These false impressions of objects, events and sensory perceptions like smell, taste or sound are caused by changes in the brain that are common in people with Alzheimer's and other forms of dementia. As they were for my mother, I find the hallucinations most troubling: those

Marathon, I had my son drop me at the 2K mark ... the difference being that I announced to everyone that I had a bad back, but was not going to allow that to break a chain of 16 consecutive Brew Runs. Giving in, I thought, was akin to waving a white flag at Alzheimer's. So for nearly two miles, I ran in pain, as if a knife were repeatedly cutting me from my lower back down my right leg to the ankle. I crossed the finish line bloody, but unbowed, as

life, and that's just on the way to the bathroom, where, on my doctor's advice, I have begun labelling the toothpaste and rubbing alcohol [surgical spirit] in large, hand-scrawled letters. I have often attempted to brush my teeth with liquid soap, and have twice gargled briefly with that rubbing alcohol, which does not, I assure you, have a pleasant, minty taste.

After that, I go deep into my lists ... my notes for every element of the day. I rely on my MacBook Pro laptop, replete with prompts and reminders ... my portable brain, as I call it ... and I continually email myself cues from my iPhone, as many as 40-50 a day, reminders of deadlines or the dates, times and locations of appointments. (Sometimes I poke fun at myself, emailing, "You're doing pretty good, in spite of the fact you're such a dumb-ass!"). My life has become a strategy of labelling, listing, confirming and reconfirming. I have a plan of action, a script, a backup for everything, because I have a formidable enemy ... my mind. It used to be my best friend. Now, I don't see any chance of reconciliation. Illegitimate non carborundum, as I say: Don't let the bastards grind you down.

Still, I often fly into an inexorable rage, such as when I hurled the phone across the room, a perfect strike to the sink, when I couldn't remember how to dial; or when I smashed the lawn sprinkler against an oak tree in the back garden because I couldn't recall how it works. I have pushed open the amazing-hot glass door of the wood stove barehanded, giving myself second-degree burns, simply because I thought it was a good idea. I cry privately, the tears of a little boy, because I fear that

spidery and insect-like creatures that crawl along the ceiling ... sometimes in sprays of blood, sometimes in a platoon ... then inch a third of the way down the wall before floating toward me. I brush them away almost in amusement, knowing, for now, that they are not real, yet fearful of their representation of cognitive decline. On a recent morning, I saw a bird in my bedroom circling above me in ever-tighter orbits, then precipitously it dove to my chest on a suicide mission. I screamed in horror. But there was no bird, no suicide mission, only my hallucination. And I was thankful for that.

These days I'm unable to run as I did when I set my mile PB at Willy's Gym. Alzheimer's breaks down the mind, then the body. I haven't had feeling in the tops of

my feet and hands for three years, and I sleep in my running shoes just so I can feel that I have feet. Recently, I was also diagnosed with acute spinal stenosis, scoliosis and degeneration of the spine. So each afternoon now, I crank the treadmill at the gym to an elevation of 15 and to a speed of up to 6.2 mph, and run-walk four to five miles. The pain is still present, though there is less pounding on the spinal cord. I still consider it running. Running for my life.

In a moment of pluck, I took a Lazarus run, back from the dead, in September ... the annual 5K Brew Run on the Cape. Mimicking Rosie Ruiz, who snuck from the sidelines into the 1980 Boston

William Ernest Henley wrote in *Invictus*.  
"I am the captain of my soul."

Recently, my doctor, a close friend who cares for me like I am family, took away my right to drive at night, and my lawyers told me to sell my cherished family home to reserve cash and simplify my life. As awful as this is, I would be more horrified if I couldn't run. For me, running restores mental as well as physical stamina. It ticks the lights back on. It reboots my mind, provides a reprieve, so I can do what I love most ... write, think and focus. It calms my rage, like letting steam out of a boiling teakettle. It's not just me: researchers, too, have found that regular aerobic exercise benefits the brain and may slow the progression of cognitive decline.

Thus, if I'm not running, I'm slipping backward into Alzheimer's, into the hands of a pack of forbidding demons.

You know the phrase, "Don't get mad, get even." Well, I'm getting even every day with Alzheimer's. I'm pissed off that I won't win this race, and so is my family. There's not a damn thing we can do about it. But six years ago, I made the decision to make myself a moving target, and make these demons work for every piece of me.

Greg O'Brien devotes his time to speaking and writing about living with Alzheimer's. His book *On Pluto: Inside the Mind of Alzheimer's* (Our World of Books), has won numerous awards; and he's the subject of the short "I'm A Place Called Pluto" (watch it at [livingwithalz.org](http://livingwithalz.org)). For more information about Alzheimer's, from symptoms and diagnosis to the latest on research and treatment, to caring for others and fundraising, visit [alzheimers.org.uk](http://alzheimers.org.uk).

Ever worry that your  
love affair with the  
sport may have gone  
too far? Read on  
and be honest!



You descend into a deep and impenetrable existential crisis when you "nish a marathon in 3:30:01.

Your physio feels the needs to call security shortly after delivering the news that you "should probably take a few weeks o' running•.

Your partner has to politely ask you to rationalise your energy gel/protein powder/running bottle collection so that they can squeeze a few morsels of actual food into the kitchen cupboards. Again.

You run past your house, down the road and back again to turn 9.9 miles into 10. Obviously.

You have been known to •gently shepherd• small children/the elderly out of the way when their intolerable zigzag pavement dawdling threatens to ruin your splits.

As a result of such incidents you recently started a petition for the creation of dedicated running lanes on all pavements. And roads, too.

When out injured for a few weeks, you become envious when you see people running. You question whether you can live in a world so fundamentally unfair. You•re assailed by dark thoughts about how you•d easily thrash them if you were at full "tness, and indulge in secret fantasies involving sticking pins in the plantar fascia of Asics-clad voodoo dolls.

You cannot for the life of you see what is so amusing about the word fartlek. Fart. Lek. Nope, nothing.

You can hold forth like a fusion of Michel Roux and Marcus Wareing on the "avour nuances and consistency of all major energy gels.

You have begun to genuinely enjoy the taste of some of these.

You have to take a few minutes of slow, deep breathing before correcting someone who has jovially remarked, •So, I hear you•re a jogger.•

You consider walks to be nothing more than running miles lost.

Your anxiety dreams used to be about exams you hadn't revised for; now they•re about turning up to a pre-race zone that has only one toilet

When invited to a social event you check your training grid rather than your diary. (And then let your sister know that you•ll get to the wedding a little late, as you have to "nish your long run in the morning. Also, can you shower in the church?)

And you hoard all your old pairs in case you •do an adventure race• or •go for a muddy walk•. One day.

You know that if you pick up speed to overtake another runner, you have to keep up that pace for the rest of your run to avoid the humiliation of their catching up with you again. You know this, you accept it and yet, as sure as eggs is excellent for stimulating protein synthesis, you overtake.

When you read an article about the bene"ts of barefoot running in snow, you actually consider doing it.

Yes, yes, yes, of course you know that rest days are •bene"cial•, but once a month will do, right? And "ve miles at eight/min/mile counts as a rest day, doesn't it?

•It's just a little sni e,• you confidently self-diagnose when heading out for an 18-miler with full-blown pneumonia.

You wince in pain when anyone mispronounces Saucony, Asics, Nike or Hoka One One. What's wrong? asks the colossal idiot.

When the love of your life asks for jewellery for their birthday, you buy him/her the latest Garmin.

You•re so terri"ed that they•re going to change the toebox in the updated version of your favourite running shoeever that you stalk the internet buying up the world's last remaining 27 pairs. At any cost.

Your children are named Emil, Grete, Edna and Mo.



You send out your wedding invitations via a Strava notification. (And only to those whom you know from recent form will be able to keep pace with the tempo run from the church to the reception.)

When tasked with organising your honeymoon, you snap into action and book a training camp.

In fact, you will only consider any holiday destination that is more than 2,400m above sea level.

When your friends tell you they did some LSD over the weekend, you congratulate them and ask them how many miles they managed.

Sandals and "ip"-ops have been o'limits for the last "ve summers while your big toenails grow back following spring marathons.

You can justify spending £15 on a single pair of socks, but wonder why you should have to.

You critique Sylvester Stallone's running form in the Rocky training montage. And the sight of Tom Cruise •running• in any "Im makes you laugh.

You wear garish running shoes with your jeans in the o'ce, entirely unconcerned that you look like an American middle manager cutting loose at the weekend.

You're having dinner with friends when someone innocently asks, •But isn't running bad for your knees?• Without uttering a word, you drop your cutlery, get up and leave. And dinner was at your house.

When you return from running the Rome Marathon you're perplexed when people ask you about the marvel that is the Sistinef something or other. Was it •apple•?

You feel an almost irrepressible urge to inform anyone who overtakes you that you are on your long run and your coach has forbidden you going over eight min/miles.

You see nothing wrong in still wearing your race medal a week after the event took place.

You have become so comfortable with the casual expulsion of saliva and/or mucus that you are gearing up to launch a mighty snot rocket when you realise you are wearing a business suit. And you're in a sales strategy meeting. And everyone is looking at you.

You spend more time being intimate with your beloved foam roller than with your partner.

Despite the meagre pay, incessant deadlines and increasingly audacious o'ce mice, you work at this magazine. And you enjoy it, too.

You persist with trying to switch to a forefoot running gait even though your calves hurt so much after each e ort that you can't walk.

You run wearing so many supports and bandages that it's clear even to people who know nothing at all about running that you should not be running. And it also seems plausible that you may have recently emerged from a sarcophagus.

At the airport your rummage in your bags but it's clear you've forgotten your passport. On the other hand, you do have your running shoes and three di erent weights/lengths of running tights for all weather conditions.

You know your mile splits from your last three marathons to the second, but you can't quite pinpoint the dates of your family's birthdays. Your child's tears leave you oddly unmoved.

Your favourite book is The Lore of Running Closely followed by Daniels' Running Formula





people run for many reasons: to get fit, to fit in, to lose weight, to meet like-minded souls, to feel good, to compete, to win, to live longer. And then there are those who run simply because running is integral to who they are. To be asked why they run is like being asked why they wake up in the morning. So they run, every day, until they can't.

Australian Cly Young, Cly y to his mates, was such a runner. He ran in all weather, by himself and for himself, covering 20 miles a day, no problem. Every day he got up and every day he ran and he never gave it a second thought. Then, one day in 1983, he got up and ran and by the time he was finished, he was national hero.

At 10am on April 27, this slightly built, guileless, farmer toed the start line of the inaugural Sydney-to-Melbourne Ultra Marathon, with 875km ahead of him and 10 other competitors to beat. He was 61 and up against some of the "nest distance runners in the country, athletes such Siggy Bauer (41), Tony Raftery (44) and George Perdon (58). In 1973, Perdon and Raftery had raced each other from Fremantle in Western Australia to Sydney, a distance of almost 4,000km, with Perdon winning in 47 days. Bauer held the world 1,000-mile record. This was the calibre of the "eld, but Young would leave them all in the dust, reaching Melbourne in "ve days, 15 hours and four minutes. When he arrived, Australia had a new folk hero and the trajectory of Young's life shot o in a direction he would never have been able to imagine. He was thrown, blinking and exhausted, into a thousand spotlights and, being an able man, he went along with the circus in which he was both ringmaster and performer, giving interviews, signing autographs and enjoying ... if that's the word more attention than he had ever known. But he could never just run anymore: people were watching.

## Miles apart

Most of the competitors who lined up on that damp, chilly day in Sydney didn't know a thing about Young and therefore decided he was no threat. Young also had the feeling that a few of them thought he was a bit of a joke. If they had done a little research, they may have seen him differently. He was older than the rest of them and

<ART: I'm trying to find a reference for a course/route graphic>

1983

1991

Westfield  
Paramatta  
Shopping  
Centre,  
Sydney

Westfield  
Doncaster  
Shopping  
Centre,  
Melbourne.  
Distance:  
875km  
(544 miles)

5 days,  
5 hours,  
7 minutes:  
Yiannis  
Kouros, 1985

he looked as if he had arrived at the start line by accident, but he was no fool. And he was intensely competitive. It just didn't look that way.

Young was born in the Otway Ranges, in western Victoria, in 1922 and had been running, on and off for a long time. In 1955 he came third in the Goldfield Mile in Bendigo, Victoria. "I wasn't much chop. I was like a Melbourne Cup horse. I needed [the race] longer," he said later. But he couldn't focus on honing his natural ability; he had more pressing matters to deal with, such as helping to run the family farm in Beech Forest, which he inherited from his father. And since that's where he lived and worked, that's where he ran. Rather than drive to the far end of the farm to round up the livestock, he would run, much to the exasperation of his family, who had to wait for him before they could start work. In that part of the world, according to Young, it rained nine months of the year ... and then winter set in. So he often ran in nylon waterproofs and Wellington boots ... he hated having wet feet. He reasoned that years of running in those boots gave him a key advantage in the race that made him famous, when he wore the "rst running shoes he had ever owned. Running shoes were, obviously, considerably lighter, so he could therefore run faster, he said. He also wore a cotton T-shirt and long trousers, a running apparel combo that was probably rather less of a performance booster.

However, not all of Young's running had been those solo efforts chasing cows on the farm, or trotting 40km into town for a haircut. By the time of the Sydney-to-Melbourne Ultra, he had already raced long distances competitively. He had come second in a 50-mile race in Melbourne, and won a 100-mile event in Manly, Sydney, in 14:47. More tellingly, he had attempted to break Siggy Bauer's 1,000-mile record, pulling out after about 500 miles. So he knew he could keep going for a long time but, he wrote in his autobiography, *Cliff's Book*, he didn't really think he could win the race. He just wanted to take part and saw no reason why he shouldn't.

## Breaking away

On the first day of the race he kept in touch with the leaders and after a few hours he began to pass some of those who gone out too fast. The competitors ran on traffic-clogged main roads, choking on fumes and risking serious injury. They ran all day and into the night, when the temperature dropped to 6C and the rain began to fall. At around 2am, Young, blinded by oncoming headlights, fell heavily on his shoulder. He called it a day, deciding he'd have some food before he turned in. But the cooks in his crew had fallen asleep and so nothing was prepared. Unfazed, he ate a tin of beans, agreed with his trainer/masseur,

Wally Zonneberg, that six hours' sleep would do the trick, and lay down.

It was still dark when Young hit the road again, which seemed odd to him. He soon worked out what had happened: Zonneberg, who was 67 and couldn't see too well without his contact lenses, had misread the time: Young had only snatched two hours' sleep rather than the planned six. The other runners slept through the night and by the time they stirred Young had a 40km lead. More importantly, he had learned that he could get by with very little sleep, and so that's what he did for the rest of the race.

As he led the way, the media began to pay attention to this strange bloke who ran with a shuffling style, feet hardly leaving the ground, almost no bend in the knees. His arms hung loose and as he moved his big, dark eyes seemed never to leave the road. He ran like a man in shackles, but while it wasn't pretty it was awkwardly, brilliantly effective. He later told the Australian national broadcaster, ABC, that he had run like that all his life; 'low-projectory running', he called it. The reporter asked him what would happen if he lifted his legs when he ran: 'I'd knock me false teeth out.'

Len Johnson, part of the crew for another runner, John Conlan, said Young was not fast but that didn't matter: 'If we ran 12 hours, he ran 16 or 17 or 18. We just never saw Cliff. He became a shuffling phantom to us. He was out there somewhere.'

## THE FARMER AND HIS FIELD

(6d: 1h: 0m)  
Perdon and Tony Ra erty (see below, right) were ultra-running pioneers. In 1973 they raced each other from Fremantle in Western Australia to Sydney, a distance of 2,897 miles. Perdon, then 48, finished the Trans-Australia Run in 47 days, running an average of 62 miles a day. Ra erty followed a day later.

(6d: 5h: 0m)  
The New Zealander was the holder of the 1,000-mile World Record and was the race favourite.

(6d: 5h: 49m)  
Another Kiwi and, before the race, holder of the Sydney-to-Melbourne record (7d: 9h: 45m).

(7d: 4h: 27m)  
The Northern Ireland-born runner may have been beaten to Sydney by his great rival Perdon in that Trans-Australia run, but he continued running north to Queensland's Gold Coast, a further 789 miles. The 34-year-old stopped running after 74 days. Ra erty was also the first man to run from Melbourne to Sydney.

So there he was on day two, in the lead, where he had never expected to be. Mike Tonkin, a running mate and friend who organised his crew for the race, later said that from that moment he was the scared little rabbit. He was the boy from the bush, way out in front, too scared to stop. Young put a different spin on his emotions in his autobiography, claiming that by the time he ran through the town of Yass, about 300km from Sydney, he was feeling confident, cocky even. Whatever the truth about his mindset ... and Young was not above shuffling the facts in the interests of a good story ... he kept going despite the increasing pain in his shoulder. He later learned that he had strained ligaments in that first-day fall and at times he roared in pain, but he would not stop.

He slept for no more than four hours each night and other than that he stopped only for toilet breaks and food. He drank milk and ate ice cream, pumpkin, cold potatoes, honey and soup ... but no meat. Clive Young, the cattle farmer, was a vegetarian. He had come to hate the idea of calves being sent to slaughter. I couldn't sleep too good those nights when I knew they would get slaughtered. I hated having the poor things killed. It was on my conscience, so I thought to myself I would give up eating meat and get away from

animals as much as I can. Many years after the race, in 1997, he said he was a better runner because of his diet: On the track I can still put it over those pie eaters who are only in their 30s. So there must be something in the vegetarian diet.

## Accidental hero

On he went, into Albury, near the New South Wales-Victoria border. There he lay down after midnight but was woken an hour and a half later by Joe Record, a friend but now a competitor, who had managed to catch him up. Sleep tight, said Record, and ran on into the darkness. Young immediately pulled on his running shoes and tore after his tormenter, who led for no more than 500m. Young left Record behind, and did not sleep again that night. It's unlikely the crowds lining the streets of Albury would have let him, anyway. There were hundreds cheering on the extraordinary 61-year-old shuffling through their town in the middle of the night, looking as if he would not stop until he came to the sea. As he continued south through Victoria towards Melbourne the crowds became bigger and the media interest more intense. Young, who had never before seen a TV camera, was now all over the Australian news. On Day 5 of the race, a reporter interviewed Young as he drank milk from a glass jar beside his crew van. By then it seemed certain he was going to win, so the reporter wanted to know the secret to beating all these other runners. Young seemed lost for an answer. He looked into the glass of milk and then said, Aw, you just gotta keep going, I think. You can't relax, you gotta keep the pressure on. It's not easy. It's tough, a tough run. The pressure's there all the time.

I've got no experience, just a born-and-bred out-in-the-bush runner, he went on. One of the old-style runners. No science. There was no doubt that Young was enjoying the attention, but he had no media training, no filter. When he was asked a question he said what came into his head. He did not know exactly what to make of his new-found fame, but the public knew exactly what to make of him: he was a true blue Aussie ... plain-speaking, unimpeachable, good natured, tough as nails and no-nonsense. They loved him.

As he approached Melbourne, Young was in terrible pain and suffering from diarrhoea, which meant he had to stop more often than he wanted, usually nipping behind a bush. Media attention did not help at these moments, occasionally forcing

YOUNG &  
RESTLESS

think I didn't get into Colac [the nearest big town] until I was 14 or 15. I was very shy, too. I didn't get much encouragement. I used to run, run from women, as far as I could. I'm not so bad now, but it's too late. I'm too old.

In fact Young got married a year later, to Mary Howell, who was 23. They divorced after "ve years. His life changed in other ways, too. He was "own around Australia by race sponsors West"eld to open shopping centres, the media following his post-race life with interest ... and then, it seemed, for amusement ... and he had sponsorship deals, including one for Wellington boots. But one thing didn't change: he kept running.

## Back for more

Never a man to let his words get in the way of his actions, he ran the Sydney-Melbourne race on "ve more occasions, though he never won again. He pulled out three times and after each failure to "nish he announced his retirement, but he kept coming back. Yiannis Kouros, the Greek ultra-marathon legend who dominated the race in the years following Young's win, called him a phenomenon. "He started so late. He's a natural runner. He has a di erent attitude to me. He has much more fun," he said. Kouros won the race "ve times before it was run for the last time, in 1991.

In 1985, at the age of 63, Young competed in the Australian 24-hour Championships in Adelaide, completing almost 236km. In 1997 he tried to break the record for running around Australia, covering 6,520km before calling a day.

He ran, in fact, until he couldn't run any more. He once told a reporter that only death would stop him. In 2000 however, a week after running 921km of a 1,600km race, he had a mild stroke. His running days were over. Three years later, at the age of 81, he passed away. But the appeal of Young's story of underdog triumph, grit and, above all, that will to keep going endures for all us who have ever pitted our bodies and minds against the challenges of distance running. For Cli Young that will drove an ordinary man to achieve the extraordinary, and whatever our own reasons for running, we can understand that the desire to keep on doing so becomes part of the essence of ourselves, just as it was for "Cli y". His sister, Helen, noted his passing in simpler terms that would surely have met with the approval of a man who said what he thought, when he thought it: "He was the "rst of us to go, but he was always the go."

him to put nature's urgent call on hold. When he was asked what he was going to do when he got to the city he said, "I'm going to have a shower and shave. Basically anything that starts with S."

Entering the north of the city he was surrounded by crowds and cars, and he felt hemmed in. At one point a police car led the way, its exhaust blasting poisons into his face, but Young kept going, pulled along by the cheers of, literally, more people than he had seen in his life.

In the suburb of Doncaster, at a shopping centre owned by the race sponsors, Cli Young "nally stopped running. He crossed the "nish line nine hours ahead of second-placed George Perdon. Though it was the "rst o cial Sydney-to-Melbourne Ultra Marathon, the route had been run before: Young beat the record by two days.

On the winner's podium, surrounded by screaming new fans, Young was asked by a reporter if he would do the race again. His expression suggested he had just been asked what was by some distance the most idiotic question that had ever been put to anyone in the history of humanity. But he took pity on the poor man, simply saying, rather quietly, "Ah, no, I don't think so." And he stared into the faces of all the strangers, looking like a man who had no idea what was happening to him.

Young won \$10,000 that day. He shared it with the "ve other "nishers; he saw no reason not to. He said the race was his greatest achievement: "I've done something I've always wanted to do. I mean, another year or two and I wouldn't be able to run anywhere, you know. I'll be too old. I'm 61 now."

The race changed everything for Young. "It's broadened my horizons terri"cally. I know people all over the world now," he said later. "When I was 13 I left school to help my father on the farm. I

Born: Beech Forest,  
Victoria, Australia

Wins Sydney-to-  
Melbourne Ultra

Runs almost 236km in  
24-hour Champs in Adelaide,

Suffers stroke after running  
921km of a 1,600km race

1920

1980

1990

2000

2010

Tries to break 1,000-mile WR,  
pulling out just over halfway.

Awarded Medal of the  
Order of Australia

Aged 76, tries to beat the record for running  
round Australia; pulls out after 6,520km (of 16,000km)

Dies at the  
age of 81

If your greatest joy is lacing up and hitting the road, it's time to consider some new lifestyle choices to help you make the most from every mile you conquer

**Y**ou plan your days around your running schedule. You track your miles and record your best times with pride. You have a race-day plan, including the precise pace for every mile, in order to cross the finish line with complete satisfaction. Yep, you're a runner through and through. Now it's time to take your passion a step further.

By incorporating more core conditioning into your training plan, you'll gain increased stability and efficiency with every stride. The abs are integral to running, and building strength from the centre is the key to long-term running success ... whether you're a 10K sprinter or a sub-three-hour marathon machine.

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To see how to supercharge your training, watch our videos at [runnersworld.co.uk/superchargeworkouts](http://runnersworld.co.uk/superchargeworkouts)

## FAST FUEL

Protein balls and bars are the recovery snack of choice. Here are three ways to tell the (good) fast fuel from the "lth

1. **WHEY-HEY** Look for a whey-based ball over soy if you want to fast-track run recovery ... it has a higher concentration of amino acids to repair muscle tissue.
2. **SWEET SURRENDER** Revent nasty sugar crashes by choosing options with natural sugars over syrups ... dates are commonly used as a healthier sugar substitute.
3. **FAST OR SLOW** Choose balls that are high in fibre pre-run for slower energy release ... which means faster miles in the home stretch.

Slendertone Connect and Runners World have teamed up to bring you a workout video series designed to help maximise your core potential and get the most out of your miles.

**Personal trainer**  
Former professional dancer and a mum, Adrienne has a passion for fitness. She also blogs to inspire women to lead active, healthy lifestyles. Instagram @adriennetmm

**Personal trainer**  
Specialising in strength and conditioning both with his clients and his own training, Martin is currently in training for the Barcelona Marathon, in March 2016. Instagram @martinsutcliffe

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Sometimes it's best to  
"nish a session. Other timesf

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## Mix blessing

Vary your terrain and try the  
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## Sweet talk

Desserts that pack a punch as  
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## On form

Six simple moves to ensure  
you run smoothly

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# WIMPING OUT OR WISING UP?

When to tough out a workout and when to skip it

It's a question all runners face when the mind is tired, the legs are heavy and a scheduled session is feeling like one huge struggle:

Should I suck it up and keep going, change the workout or just call it a day?

In a "no pain, no gain" world, that can be a difficult question. But getting the answer right is vital if you want to train successfully, says Pete Pfitzinger, an exercise physiologist and Olympic marathoner. "There's a fine line between pushing hard to succeed and setting yourself back," he says. This is especially true in a month like "Monster March," when those training for spring marathons are working through the toughest weeks in their schedules.

Gina Procaccio, a US college running coach, agrees that knowing when to back off is important. In her estimation, too many athletes just continue pushing until they bury themselves. "It becomes counterproductive at that point," she says.

If you do skip or modify a workout, it doesn't mean you've failed. Running coach Jay Johnson recommends a mindset that encourages positive thinking: Tell yourself, "Over the course of a month, or four months, or a year, I've done my training 90 per cent of the time." Taking a long-term view can allow you the flexibility to make sure your training stays on track and is productive. Here are some signs to help you make wise decisions before, during and after your workouts.

## BEFORE A WORKOUT

### GREEN LIGHT

### AMBER LIGHT



## RED LIGHT

PACK IT UP  
Go home if you have to.  
The workout can wait

DON'T STRESS  
Even a modified  
workout will  
do you good

3 **AFTER THE  
WORKOUT**  
If you completed  
a workout but  
struggled during it,  
use it as a chance to  
review your overall training plan  
to see if it needs to be adjusted.

### GREEN LIGHT

If you modified your workout and then finished it feeling strong, this may allow you to recover from a rough day in time to stay on your training schedule. Still, Procaccio says it's preferable to err on the side of caution. "It's better to be 10 per cent undertrained than one per cent overtrained," she says.

### AMBER LIGHT

If you find yourself frequently struggling to complete workouts, it may be time to reexamine your training plan. Johnson says that you should aim to finish each effort feeling that you could have done one or two more reps. If workouts are leaving you as exhausted as a race does more than once every six to eight weeks, you may need to include more rest days between hard efforts.

### RED LIGHT

When you modify a workout that would normally pose no problems, but you still struggle to finish it, Rosario recommends cutting back on your training to help ensure that you're recovering properly between sessions. "You can't be so naive as to tell yourself that you cut out that last repeat so you should be fine," he says. Cutting back on your training volume or taking extra rest during the three days following a rough workout will help make sure you recover completely in time for the next run.

## DURING THE WORKOUT

Some days you won't see any obvious red flags heading into a workout, but you may still struggle to hit times that would normally be in your range.

### GREEN LIGHT

If you're not hitting your planned pace but you're still within five per cent (21 seconds per mile at seven/min/mile pace, for example), Rosario says it's better to push through. "The truth is, the race hurts and sometimes you've got to hurt in a workout," says Rosario. Pfitzinger agrees that there are race-day benefits to toughing out a difficult workout. "If you are tired and push hard and achieve your planned training paces, you learn that you can overcome adversity," he says.

### AMBER LIGHT

Even when you can't complete the planned workout, modifying it can be an effective way to deal with a rough day

while still getting in a beneficial session. Switching to a slower pace is an option, but Procaccio recommends "first trying to cut the reps into pieces. "If you're doing 400s and you can't get through them, try to run that same pace and do 2 X 200m," she says. Pfitzinger also thinks it is better to maintain goal pace by shortening your reps, duration or distance. "A 30-minute tempo run can become a 20-minute tempo run, or could be broken into two 15-minute segments," he says.

### RED LIGHT

If breaking up the workout doesn't help and you're still well off pace, call it quits. "If you're just logging yourself, you're not really getting anything out of it," says Procaccio. A few other circumstances should signal a quick end to a training session. Pfitzinger says it's time to stop the workout if you start to have trouble breathing or you become light-headed. Johnson adds that you should abandon the session if you feel any sharp muscular pain.



# AIM HIGH AND LOW

Spend time on inclines, flats and routes with both to build speed as well as strength

The Greek philosopher Aristotle said, "We are what we repeatedly do." Runners would do well to remember that when considering go-to routes. The terrain we train on shapes our strengths, which is why smart racers log training runs that mimic the profile of their upcoming event. Hills use different muscle groups and movement patterns than flats, while rolling terrain requires your body to adjust to short bursts of uphill effort.

If your runs always follow the same elevation profiles, you may develop imbalances that inhibit performance, says running coach and author Lynn Gray. "Runners become better when they can develop different skills and muscle groups," she says. Here's how to maximise the benefits of each terrain type ... and how to vary your hill diet for well-rounded running performance.

## MASTER THE HILLS

"Hills are speedwork in disguise," says running coach Nick Welch. "Good uphill form requires the same knee drive and arm action you need to sprint effectively, and resisting gravity develops leg strength."

### THE WORKOUT

Find a long hill that's steep enough to get your muscles burning but still lets you take a full stride. Run four or five uphill repeats, each one lasting three to six minutes, at the fastest pace you can maintain without losing

control of your breathing and form. "This builds stamina and strength in the quads, glutes and calves," says Welch. Long hills also develop the mental toughness required in racing. Think quality over quantity: Welch recommends one or two long hill workouts every two weeks. (The goal is to add variety, not to make hills your routine.)

### SEEK OTHER TERRAIN IF

You're due for a recovery run, you want to practise locked-in pacing or you have injuries (such as Achilles tendinitis) that are aggravated by hills.

## GO FAST ON FLATS

Level terrain may be aerobically easy, but it's harder on your hamstrings (which perform 40 per cent of the work on flats, compared with 20 per cent when climbing hills). Flat roads or treadmills are ideal for practising good form, breathing and pacing, which is the key to succeeding at longer distances, says Gray.

### THE WORKOUT

Warm up with five minutes of easy running, followed by two to three strides (30-second bursts of race-pace running separated by 30 seconds of rest). Then run at 90 per cent effort (about 5K race pace) for 30 seconds, at 80 per cent effort (like your 10K pace) for three minutes, and finish with a 15-second sprint at 95 per cent effort. Pay attention to your form and really focus on pumping your arms during that final burst of speed, says Gray. Recover with five to eight minutes of easy running, then repeat up to four more times.

### SEEK OTHER TERRAIN IF

You're racing on a hilly route and so need to mimic that challenge, you're developing injuries (the sameness of level terrain can feed overuse syndromes, says Gray) or you're craving improvement. The power and strength that hills develop is great for getting off a training plateau, notes Gray.

## LEARN TO ROLL ALONG

Rolling hills aren't usually steep or long enough to truly challenge uphill running muscles or require hill-specific form, so they can't take the place of hill workouts. But, says Welch, the changing grade engages various muscle groups and tackles weaknesses ... which is important whether your goal is fitness or a fast finishing time. Rolling terrain also burns more calories than flat routes. And because it regularly prompts your body to adopt varying body positions and foot strikes, it might lessen the likelihood of injury during recovery and base-building sessions.

### THE WORKOUT

Schedule two to three weekly 30-minute runs on rolling terrain and turn the uphills into repeats: increase your effort on the climbs and recover on the descents.

### SEEK OTHER TERRAIN IF

You're racing on a course that's notoriously flat or hilly, especially if your target event is a half or full marathon. You'll need to log one or two weekly runs (preferably including your long run) on terrain that's comparable to your race course. Otherwise, you can end up feeling undertrained on race day... just as hills crush runners accustomed to flats, level courses can leave hill-attuned racers feeling dead-legged.

STAIRMASTER

STAIRS

HIGH KNEES







# MILES TO GO

Make the most of the mile in your training sessions, whatever your "tness level

ile repeats are a quintessential interval workout that will help to build your physical and psychological "tness ... their length forces you to adopt a race-like mentality. But when you change the pace or number of reps, you change the physiological e ect, which makes them a key speedwork session for a range of race distances. You'll want to build a session that matches your "tness, your performance goals and your ability to recover. But always bear in mind that mile repeats aren't about bragging rights. They're not the "nal goal. They're a link in the chain, merely one training session among many, so don't approach them with race intensity and risk overdoing it. You've got a great many miles to go in your running journey; these mile reps will simply help you travel that path a little faster.

## 5K-PACE MILE REPEATS

Reps at this pace rev your aerobic system to almost 100 per cent capacity, and it's counterproductive to train at that e ort level for longer than "ve to six minutes. In fact, runners slower than 18:30 for 5K should limit reps at 5K pace to shorter distances, such as 800m. These reps recruit slow-twitch, as well as intermediate- and fast-twitch muscle "bres, so you'll increase capillary and mitochondrial density for them all. Do three to four reps, with recovery intervals that match the time of the repetition (half the duration for "tter runners).

## 10K-PACE MILE REPEATS

These are ideal for runners thinking about racing distances from 10K to the marathon. They produce less capillary and mitochondrial increase for faster muscle "bres than 5K repeats, but you'll accrue greater improvement for both adaptations in slow-twitch "bres. You'll increase blood volume (including red blood cells) and stroke volume, and improve your running economy. Miles at this pace are appropriate for runners who've raced a 10K in 45:00 or faster. Try four to six, with recovery intervals that are half the time of the repetition.

## CRUISE MILE REPEATS

Cruise miles are useful for runners of all abilities and should be a part of all programmes, especially if you're prepping for a marathon. They are done at a pace you feel you could maintain for an hour, allowing you to log a high volume of work at the e ort level that's most e ective for increasing mitochondrial and capillary density in slow-twitch "bres. You'll also build blood volume and improve running economy. Aim for 20-40 minutes of total volume, with recovery intervals that are half the time duration of the repetition (a quarter the duration for "tter runners).

### BEST RACE TIME

Faster than 18:30 5K

Faster than 45:00 10K

Slower than 45:00 10K

### 5K PACE

Mile

1,200m or shorter

1,000m or shorter

### 10K PACE

Mile

Mile

1,200m or shorter

### CRUISE (TEMPO) PACE

Mile

Mile

Mile



# Q How can I run well on windy days?

Running in a group can help if you all take a turn at the front when running into the wind and the others draft behind. Or if you're doing a solo out-and-back run along a relatively straight route, change direction more frequently. So if you're doing an hour, rather than going out and back for 30 mins each way in one go, break it down into 15-min sections.

If you're doing an interval session, don't worry too much about rep times; focus more on effort. To keep focused in a session when it's very windy, I use the "first rep as a marker to see what's realistic in the conditions, then try to keep the following reps the same, but do the last rep quicker. But if the conditions are really bad, you could do some unmeasured work, such as three- or "ve-minute brisk efforts.

If you want to work on speed and reduce the impact of the wind, modify your track session to limit the time spent running into the wind (see right). But I feel I benefit from increased speed with a following wind down one straight and working harder against it on the next. Running against the wind is a form of resistance ... it can help boost your endurance.

GALE FORCE  
Make a windy day  
work for you

Q Do you keep a log of all your training runs?

I've always found it really important to keep a training log ... I believe it's a crucial tool for improving your running. You can use a log to look back at the build-up to races that went particularly well and to see what you were doing in your training at that time that may have led to your strong performance. This information also helps you assess what shape you're in and allows you to identify aspects of your training that need attention. Over time you can use your log to "fine-tune your training and tweak things to improve your prep, including the taper, for a big event.

Your training diary is also an important tool for analysing what happened before a bad performance or in the time leading up to an injury. Sometimes you can pinpoint where you went wrong ... maybe a sudden increase in volume or intensity, too much running on a particular surface or not taking enough rest days.

How much needs to be noted down is a matter of preference. When logging a run, record the duration or distance, where you did the run (so you know what the terrain was like), pace (this can be perceived pace ... eg, easy, steady or hard ... rather than actual pace) and how you felt, such as if you were very sore or tired from yesterday's session, or if you felt particularly good.

More information is needed when you're making a record of an interval session. You should note the length of your warm-up and warm-down, the distance of the reps, rep times, recovery interval times, surface, weather conditions (as this can affect your times), how you felt, and also mention any injury niggles. And don't forget to make a note of any other factors that may have affected your performance, such as exhaustion from work.

Email your training, racing and running queries to [rwedit@runnersworld.co.uk](mailto:rwedit@runnersworld.co.uk) with the subject •Elite Advice•

# YOUR OWN SWEET TIME

Naturally delicious, runner-friendly desserts that don't break the sugar bank

For many runners, a long run or race isn't complete without something sweet waiting afterwards as a reward ... why else would there be so much cake on offer at post-race HQs around the UK? But most of us consume more added sugar than is good for us. Nutrition experts say no more than 10 per cent of our daily calories should come from added sugar ... about seven teaspoons. But most people in the UK consume at least twice this amount. When consumed in excess, added sugars are associated with weight gain, which increases risk for diabetes, heart disease and other serious conditions. Fruit-based options, on the other hand, will satisfy your sweet tooth and pack in some performance-boosting nutrients into the bargain.

2

1

## THAI FRUIT SALAD

This juicy treat contains beta carotene, a flavonoid with antioxidant properties. Top with yoghurt if desired.

60ml light coconut milk  
Juice and zest of 1 lime  
2 tsp dark honey  
1 tsp sriracha sauce (optional)  
200g diced papaya  
200g diced mango  
400g diced pineapple  
3 tbsp chopped salted cashew nuts

1 In a large bowl, stir together the coconut milk, lime juice, zest, honey and sriracha (if using). Add the papaya, mango and pineapple.  
2 Serve in bowls and sprinkle with the cashews.  
Serves four  
142kcal per serving

3

### APRICOT JELLY WITH PISTACHIOS

The classic gets a taste and health upgrade by forgoing added sugar and food colouring.

1 litre apricot nectar (£4.30 for 750ml, [ocado.com](http://ocado.com))  
2 packets powdered gelatin  
1 tsp lemon zest  
Whipped cream  
2 tbsp chopped pistachios

1 In a saucepan, heat 750ml of the apricot nectar over a medium heat until warm (don't let it boil). Pour the remaining nectar into a bowl and sprinkle gelatin evenly over the top. Allow to sit until all the gelatin is moist. If dry spots remain, gently stir to moisten.  
2 Add the warm nectar and stir until the gelatin is dissolved. Stir in the zest. Pour into four glasses and chill them for two hours.  
3 Top with the whipped cream and pistachios.  
Serves four  
210kcal per serving

### MERRY BERRY CHERRY BAKE

Berries and cherries contain "bre and anthocyanins, which reduce in"ammation.

300g blackberries  
450g pitted cherries  
Juice from half a lemon, plus 1 tsp zest  
3 tbsp honey  
2 tbsp corn"our  
Shortcrust pastry sheet  
Vanilla Greek yoghurt

1 Heat the oven to 180C (350F/gas mark 4). In a bowl, stir together the blackberries, cherries, lemon juice, zest, honey and corn"our.  
2 Pour into a baking dish. Roll out the crust and then lay it over the top of the dish.  
3 Trim the excess and tuck the edges down with a fork. Brush with egg and make two or three holes in the top to let steam out. Sprinkle with cinnamon. Bake for an hour, or until the crust is golden. Serve with yoghurt.  
Serves six  
171kcal per serving

4

### GRILLED NECTARINES WITH BALSAMIC- HONEY DRIZZLE

A touch of honey enhances the natural sweetness of balsamic vinegar.

4 ripe nectarines, halved and pitted  
½ tsp olive oil  
60ml balsamic vinegar  
1 tbsp honey  
80g crème fraîche

1 Heat a griddle pan over a medium heat. Brush the cut sides of the nectarines with oil. Place cut-side down and grill for four to "ve minutes.  
2 In a small bowl, stir together the vinegar and honey.  
3 Transfer the nectarines to four dishes. Top each with crème fraîche and drizzle with the vinegar mixture.  
Serves four  
171kcal per serving





# MAKE GOOD FORM THE NORM

Six exercises to improve your running form

Good running form happens on the roads, of course. But there are simple exercises you can do before and after you run to improve body awareness, strength and flexibility that will carry over to a smooth and efficient running stride. Target your glutes, hips and arms with these pre- and post-run moves to make your running feel effortless.

Sinking into this glute stretch also promotes balance, but hold on to something if you're feeling shaky.

## GLUTES

The glute muscles generate the force that enables you to run. If they are not "ring properly, other muscles pitch in. But those compensating muscles can become overloaded, exhausted and, "nally, injured.

## HIPS

Good running posture is less about a straight spine and more about pelvis positioning. When you run, your pelvis should be neutral ... not tilted ... so it doesn't interfere with the functionality of attaching muscles.

## ARMS

If you stretch, you probably focus on your legs; neglecting your upper body. But for a powerful stride, your entire body needs to be working together. A fluid, smooth arm motion carries over to an efficient stride.

1

2

Lift one leg out to the side. •Draw• football-sized circles with that leg, feeling your glutes work. Do 10 circles in each direction with each leg.

To release tension in your glutes, cross one ankle above the opposite knee and sit your hips back and down until you feel a release. Hold for 10 seconds and switch sides.

Alternate between lifting your chest and tailbone (1), and rounding your back and dropping your pelvis (2). A neutral point between these is the pelvis position you want.

A strong core helps maintain a neutral pelvis. Lie down and lift your legs. Lower them toward the ground, pelvis level. Bring your legs back up. Repeat 10 times.

Lift your arms out to your sides, at shoulder height, forearms held up and palms facing your head. Press your elbows back and lift your chest.

Place a foam roller on the ground and slowly lie back so it is positioned along the length your spine. Extend your arms into a T, relax and simply breathe for a few minutes.

Iliotibial band (ITB) pain  
can derail your training.  
Our three-phase plan will  
get you back on track

Iliotibial band syndrome, or ITBS, is one of the main causes of knee pain in runners. The IT band, or ITB, can become so painful

that a runner is unable to train at all. •You need to address both the cause and the symptoms,• says Mark Fadil, director of Sports Medicine Institute International (SMI) in California, US.

The ITB is a fibrous structure that assists the stability of the leg during the stance phase of the stride, works with the hip muscles in abduction (outward movement) of the thigh and helps to resist torsional movements around the knee joint. It begins in the hip as the tensor fasciae latae muscle and ends below the knee joint, inserting into the tibia at a bump called Gerdy's tubercle.

When the ITB becomes stressed through overuse, runners usually feel pain in the outside of the knee, above where the ITB crosses the joint. This is sometimes accompanied by a clicking sensation, caused by the ITB snapping across the joint. The pain usually occurs just after heel contact and gets worse as the run goes on. Downhill and long, slow running tend to worsen the symptoms.

While the ITB will become tighter when it is injured or overstressed, this tightness is not the root of the problem. The ITB is not strong; any weakness in surrounding muscles can lead to injury, and runners are often weak in their hip and core muscles. In 2000, Dr Michael Fredericson, from Stanford University, US discovered that weakness of the hip abductor muscles (mainly the gluteus minimus and gluteus medius) was the leading cause of ITBS. In 2007, research in the journal *Clinical Biomechanics* found female runners who develop ITBS have an increased hip abduction motion, along with greater knee internal rotation ... both probably caused by weakness in the hip abductors.

TREATMENT 1

TREATMENT 2

TREATMENT 3



Spring/Summer 2016





The Shoe Finder helps you pinpoint suitable models based on your running history and other shoes you like. For more details on fit and performance, see our reviews on the following pages.

## Do you know the type of shoe that works well for your size, stride and preferred ride?

Proceed directly to the grid below. Shoes are arranged in terms of cushioning, weight, sole height, flexibility and stability features, as measured in the RW Shoe Lab. You'll find lighter, less supportive shoes in the bottom left and highly cushioned, more stable shoes in the top right. Shoes in the middle provide a balance of performance and protection features and can work well for many runners.

Put yourself into a runner group using the Runner Group table on the right. When you've arrived at a colour-coded group on the bottom of the table, locate it on the grid below. Shoes in that encircled group tend to work well for runners like you. Start with shoes well within your group, but feel free to consider models along the border or in a neighbouring group.

### SHOE AWARD CATEGORIES

EDITOR'S

CHOICE

Editor's choice  
The best shoe, regardless of price or category

Best update  
The best new version of an existing model

Best debut  
The best new shoe tested

Best buy  
The best value option for those on a budget

EDITOR'S

CHOICE

Adidas Ultra  
Boost 2  
p97

New Balance Fresh  
Foam 1080 v6  
p100

Brooks  
PureCadenace 5  
p96

Newton Gravity V  
p103

Nike LunarTempo 2  
p99

Under Armour  
Speedform  
Slingshot  
p103

Brooks Neuro  
p100

Brooks PureFlow 5  
p99

Asics Gel DS  
Trainer 21  
p102

ON Running  
Cloud"yer  
p98

Puma Speed  
300 Ignite  
p101

Nike Free RN  
Distance  
p96

Asics Gel DS Racer 11  
p96



We analysed data from more than three million users of the RW Online Shoe Finder to sort runners into seven groups. Runners in each group have similar shoe needs based on a few key variables.

## BODY SIZE

Body Mass Index is calculated from your weight and height, and offers a fairly reliable indication of body type.  
 $BMI = \text{Weight (pounds)} / (\text{Height (inches)})^2 \times 703$ .  
 Or use the calculator at [runnersworld.co.uk/bmi](http://runnersworld.co.uk/bmi).  
 Generally, the higher your BMI, the more shoe you need.

## BMI < 23

Examples:  
 Under 160 lbs for 5'10" man  
 Under 134 lbs for 5'4" woman

## BMI 23...27

Examples:  
 161...188 lbs for 5'10" man  
 135...157 lbs for 5'4" woman

## BMI > 27

Examples:  
 Over 189 lbs for 5'10" man  
 Over 158 lbs for 5'4" woman

## RUNNING EXPERIENCE

This includes how long you've been running and how much you run. Find your level here by estimating your average miles per week over the past year. The more you run, the more efficient you tend to become and, generally, the less shoe you need.

MORE  
THAN  
20 miles  
per week

FEWER  
THAN  
20 miles  
per week

MORE  
THAN  
15 miles  
per week

FEWER  
THAN  
15 miles  
per week

MORE  
THAN  
10 miles  
per week

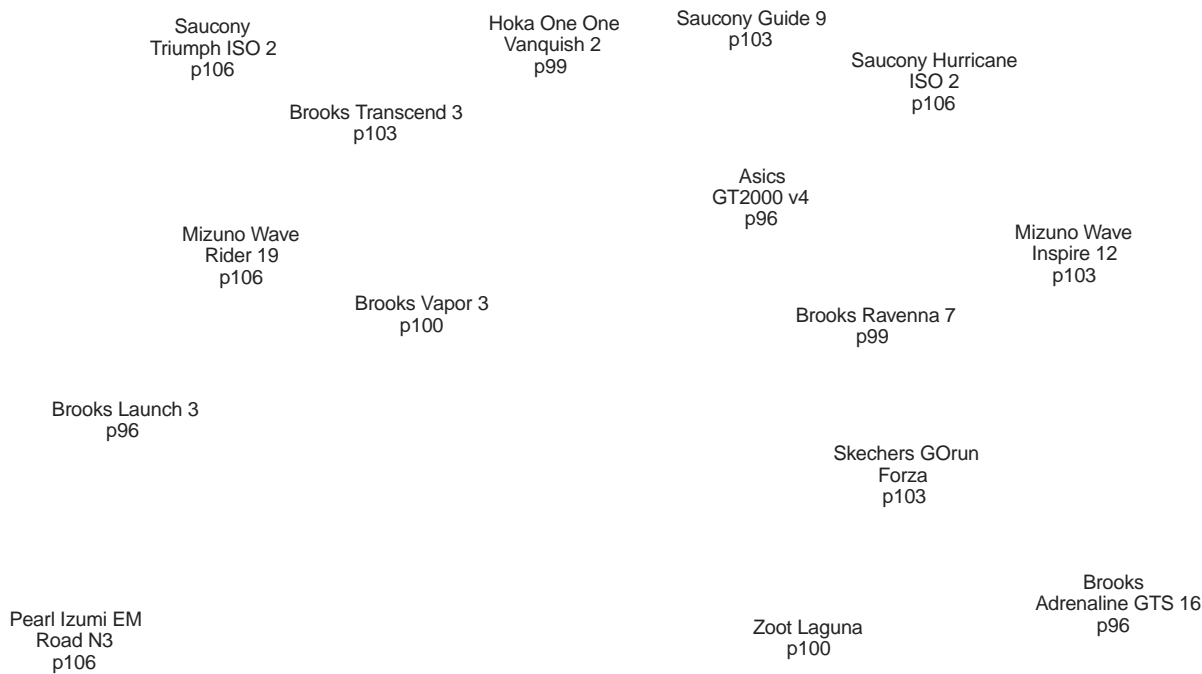
FEWER  
THAN  
10 miles  
per week

## INJURY EXPERIENCE

During normal training, do you tend to develop problems in your joints, bones and connective tissue? Those with a higher incidence of injury tend to need shoes with more support.  
 Note: shoes cannot cure injuries, and the causes of problems vary greatly. If you're battling persistent injuries, you should see a medical professional.

NO YES YES NO NO YES YES NO NO YES YES NO

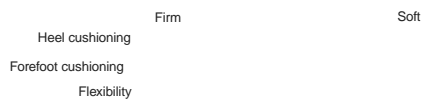
## GROUPS



### Nike Free RN Distance £105

The Distance is the “rst in the Free line intended as a daily trainer that’s suitable for longer runs. The sole has a soft outer layer with large “ex grooves in a hexagonal pattern, arranged to provide more lateral stability. Inside is a core of bouncier midsole foam. It’s mostly a success but several testers reported that the heel “t felt extremely narrow.

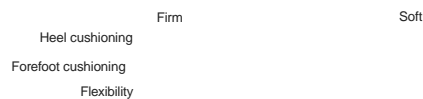
**Bottom line** Slim, light, fun to run in.



### Brooks Launch 3 £90

A highly cushioned shoe that’s lighter than it looks. A curvy toe spring and more rubber in the forefoot give a quicker toe-off, while DNA ... Brooks’s top-end cushioning material ... in the midsole adapts to the way you land, softening for lighter runners and hardening for heavier ones. The responsiveness means it’s suitable for tempo sessions and longer races.

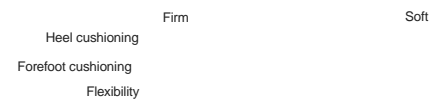
**Bottom line** New speed, old-school shoes.



### Asics Gel DS Racer 11 £95

This superb shoe has one goal: to provide speed, “exibility and grip on race day. It doesn’t pretend to be a minimalist shoe straddling a couple of categories and if you need lots of cushioning this won’t be for you. But testers were barely aware of their presence, as be“ts the lightest shoe reviewed. They come up small so go up a half-size from your usual shoe.

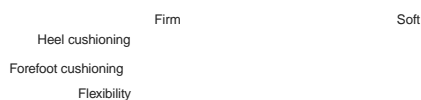
**Bottom line** Perfect for 10Ks and under.



### Brooks Purecadence 5 £105

Brooks has redesigned this minimalist shoe, with mixed success. It’s still light and responsive, while pronation control is provided by the new guide rail around the midsole, rather than a medial post device. The heel is more rounded for a better “t, but this drew complaints of pinching from testers, as did the narrow toebox.

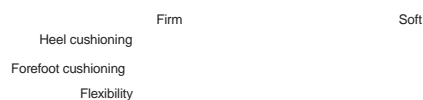
**Bottom line** Gentle support for mild overpronators.



### Brooks Adrenaline GTS16 £115

This is one of Brooks’s biggest sellers and so the company has limited the changes in this version to tweaking the overlays in the upper to wrap better around the foot, removing seams for less irritation and creating a slightly deeper V-groove around the outside of the midsole for improved shock absorption.

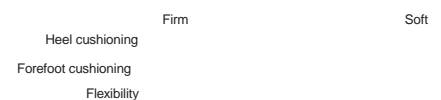
**Bottom line** Bounce, comfort and reassurance for high-mileage runs.



### Asics GT2000 v4 £114.99

GT loyalists, rejoice! Testers found that the fourth iteration of the moderate-stability shoe feels like the popular GT-2100 series of the past decade. The upper has been improved for a better midfoot wrap, the cushioning has been evened out and a little weight has been dropped. It has an old-fashioned medial post under the arch and it does a solid job for overpronators.

**Bottom line** Solid stability and support.



EDITOR'S

CHOICE

## Adidas Ultra Boost 2 £130

There's nothing to find fault with here. Adidas has kept the DNA of the excellent debut version, while making a few tweaks: a higher toe spring for a quicker toe-off, a grippier outsole tread and a snugger, more compressive fit over the top of the foot with the knitted upper. A little weight has been lost, too. It's responsive enough for short races, stable and cushioned enough for marathons: a class apart, in every way.

**Bottom line** Running shoe perfection.

Heel cushioning      Firm      Soft  
Forefoot cushioning  
Flexibility

## Tester's take

Name Kerry McCarthy Age 36  
Height 5ft 10in Weight 12st 2lb  
Weekly Mileage 25 Occupation  
RW Commissioning Editor

•I've been Gear Editor at RW for eight years and, choosing my words carefully, these are the best running shoes I've ever put on my feet. You name it, they do it. A must-buy. •

## ON Running Cloud"yer £130

The Cloud"yer's purpose is to provide plush protection and cushioning without excessive weight or control. The cushioning pods (•Clouds•) that cover the bottom are wide and supportive, with a "exible plastic plate tying them together and distributing impact forces. The upper is thicker and less stretchy on the arch side for subtle overpronation control. On the downside, the thin laces were difficult to tie securely. Bottom line Excellent shock attenuation, even for bigger runners.

|                     |      |      |
|---------------------|------|------|
|                     | Firm | Soft |
| Heel cushioning     |      |      |
| Forefoot cushioning |      |      |
| Flexibility         |      |      |

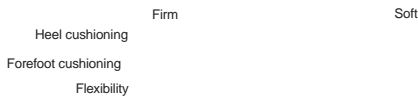
### Tester's take

Name Andy Dixon Age 43 Height 6ft  
1inWeight 13stWeekly Mileage 30  
Occupation RW Editor

•These shoes struck a nice balance between cushioning and response, and are much lighter than they look. Overall, they offer a good, comfortable ride with decent insulation during colder runs. •

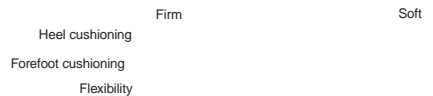
## Nike LunarTempo 2 £100

The Tempo starts from the same mould as Nike's Lunar Racer and adds midsole foam for more cushioning, plus extra rubber pads under the forefoot for durability. This updated version has laser-cut holes throughout the inner for more breathability, and the outsole pods are bigger, for better impact absorption. **Bottom line** Light, with a slipper-like "t for running fast.



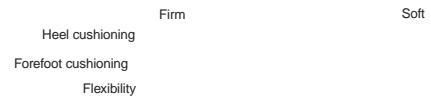
## Brooks Ravenna 7 £115

The lab rated this as among the least "exible shoes on test, but our testers didn't notice that, thanks to a high toe spring and a bouncy forefoot. The upper has been improved for a snugger midfoot "t, though wide-footed runners said this caused discomfort; they suggested a more "exible mesh in the upper might help. **Bottom line** Surprisingly strong stability in a sleek package.



## Hoka One One Vanquish 2 £120

The Vanquish 2 is one of the lightest shoes Hoka has made and it's extremely responsive. It's designed as an ultra-sized version of a light road shoe for everyday training and the odd mid-distance race; our testers loved the blend of cushioning ... it was the most cushioned shoe on test in the lab ... and speedy toe-o . **Bottom line** A speed shoe for heavier runners; a good long-run choice for others.



Q:

Name  
Occupation

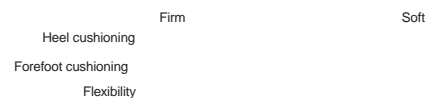
Name  
Occupation

YES

NO

## Brooks Pure"ow 5 £90

This is a great shoe that, despite its minimalist design, o ers di erent qualities to a range of runners. Version 5 is the same hyper-responsive speedster with the touch of heft that fans of the model love. It has a plusher collar; printed (not stitched) overlays on the upper for less weight, less irritation and a better "t; and midsole cushioning that responds to your pace. **Bottom line** Speedy, free-"owing joy.



# BEST RURAL COUNTRY

•Sure I'm biased, but it's easy to be with a race as excellent as this one. Gnarled trail veterans and sharp-elbowed PB-hunters need not apply ... for everyone else it's an opportunity to cruise round a gorgeous course with a genuinely collaborative atmosphere. And the race village is as large, welcoming and abundantly provisioned as they come. •  
Kerry McCarthy, RW Commissioning Editor

SOUTH  
BEDGEBURY  
FOREST, KENT  
21 MAY

NORTH  
CLUMBER PARK,  
NOTTS  
28 MAY

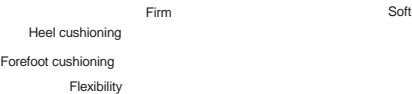
QUADRICEP  
MUSCLE

CALF  
MUSCLE

FOR MORE  
INFORMATION  
VISIT [2XU.COM](http://2XU.COM)

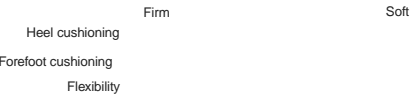
New Balance Fresh Foam 1080 v6   £115

This is the most cushioned model in the Fresh Foam line, delivering a plush, neutral ride. Despite the lack of pronation-control inserts, the shoe feels stable, thanks to the wide base and high moulded perimeter of the midsole. Testers with wider feet said the shoe was roomy but held the foot well. **Bottom line** A multi-purpose option for all but the speediest.



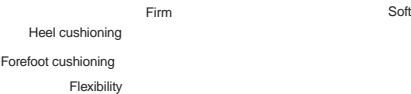
Zoot Laguna   £100

This shoe from the triathlon-focused brand impressed our testers, who said it was a great all-rounder. A striking feature was a raised outsole section covering much of the forefoot, encouraging you to land further forward. It's subtle enough to have an effect but didn't get in the way when fatigue caused more heel striking. **Bottom line** Excellent value for money, with multi-tasking appeal.



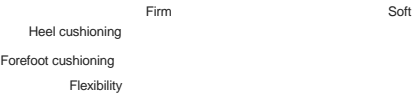
Brooks Vapor 3   £100

A less expensive version of Brooks' Adrenaline, this stability model for mild overpronators has plenty of cushioning and zip. Brooks's bouncy BioMoGoDNA material has been added to the midsole for impact protection and cushioning, which our testers loved. Small stones tended to get stuck in the flex grooves, but, overall, this is a fine, versatile shoe. **Bottom line** Firm cushioning and wide fit.



Brooks Neuro   £110

This unusual-looking shoe is designed to give better cushioning and stability without compromising speed. However, it was not a hit with our testers. The upper caused irritation across the metatarsal heads and there was little lateral stability. Flexibility was very good, but the heel felt so stripped down that it would only really suit forefoot strikers carrying little weight. **Bottom line** Best used for short, fast runs.





## Puma Speed 300 Ignite £75

This is a go-faster shoe with a wedge of Puma's Ignite foam under the heel and a 'propulsion zone' mechanism up front that stretches outsole rubber over 'ex grooves so that it will rebound with force as you toe-off. A few testers found the wide 't irksome on longer runs when they tended to slap their feet down more heavily, but we'd say that's down to the distance and not the shoe. A bargain for less than £80.

**Bottom line** From track sessions through to 10Ks, this won't disappoint.

Heel cushioning      Firm      Soft  
Forefoot cushioning  
Flexibility

## Tester's take

Name Nichola Gill Age 42 Height 5ft 10in Weight 10st 3lbs Weekly Mileage 18 Occupation Primary School Clerk

•These shoes were exceptionally light and comfortable and I found them ideal for all distances on the road. I have to admit they were a little wide for my narrow feet, but a simple change of insoles 'xed that. •

## Asics Gel DS Trainer 21 £115

Happy 21st to the DS Trainer, but in fact this is a shoe that came of age a long time ago. It's become the shoe of choice for those who want a fast, multipurpose model with a touch of stability. This iteration continues in that trend, but Asics has also made the outsole rubber more durable and bouncy, dropped the weight and reduced the upper to a single seamless layer. All in all, a very smart update.  
Bottom line A fast, "rm, thrilling ride.

Heel cushioning      Firm      Soft  
Forefoot cushioning  
Flexibility

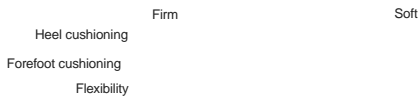
## Tester's take

Name Helen Clee Age 48 Height 5ft 4in Weight 10st 7lbs Weekly Mileage 20 Occupation Dental nurse

• I loved the lightweight feel of these shoes. At the same time, they were still stable and supportive ... and they were the "rst pair of running shoes I've had that haven't rubbed or caused blisters on the "rst few runs. •

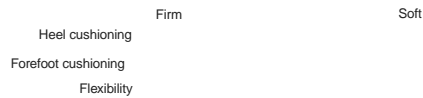
### Brooks Transcend 3 £140

For this version 15g of weight has been shed and the guide rails around the outside of the midsole - designed to keep your foot in place ... have been softened. The toe-spring has been increased for a quicker roll-through and the upper is stretchier. All of which mean it's suitable for more than just slower, heavier runners. **Bottom line** Stability and speed ... great for half marathons.



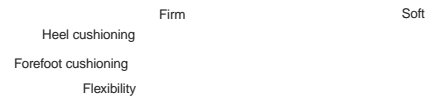
### Newton Gravity V £140

Runners who land further forward will love the responsiveness and low weight of this shoe. Newton's change from four to "ve outsole lugs provides more lateral stability and less of a "football studs" feel, while the stretch panels around the metatarsal heads won praise for releasing any pressure normally generated by toe splay. **Bottom line** Definitely one for the "eet-footed and forefoot-focused.



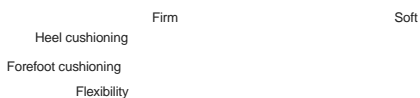
### Mizuno Wave Inspire 12 £110

Runners have found previous iterations of this stability shoe to be on the "rm side. So Mizuno added some more cushioning and redesigned the outsole "ex grooves. But even heavier testers who need a solid impact surface complained of pain in the heels, knees and even the hips. However the "t and breathability won praise. **Bottom line** Solid cushioning on a stable platform.



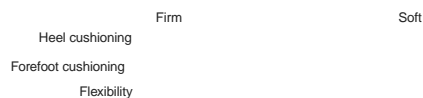
### Saucony Guide 9 £115

The Guide gets its name from the "rmer material under the arch, intended to guide the foot from impact to toe-o . This will support mild overpronators, but those with a more severe inward roll will need more robust stability. It was among the bounciest shoes on test in the lab, something our wear testers also noticed. **Bottom line** A suitable everyday-training option for half marathon and upwards.



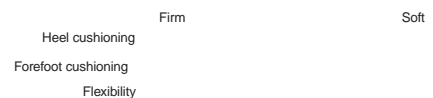
### Under Armour Speedform Slingshot £110

This was among the lightest shoes on test and it also performed well ... it was close to winning an award. The wide, "exible forefoot encouraged our testers to pick up the pace while still providing enough heel cushioning to protect them when they started to tire and land further back. **Bottom line** Perfect for making the transition to a lighter shoe.



### Skechers GOrun Forza £84.99

The Forza is Skechers' "rst serious stability shoe, with a layer of "rm foam under the arch that extends from heel to ball, and a supportive upper hugging and locking the foot in place from heel to midfoot. Testers needing mild to moderate support loved the smooth ride and the fact that responsiveness was not compromised in the name of stability. **Bottom line** Ideal for mild overpronators.

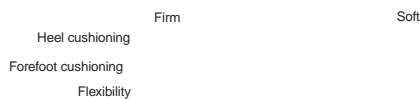


## How we test

We send 12-15 pairs of each shoe to runners, who use them for at least a month and give feedback. The shoes are also tested at the RW Shoe Lab in Oregon, US. We distil the data into the review and work out which shoes merit an award.

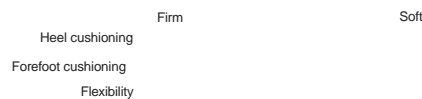
### Saucony Triumph ISO 2 £135

This was unlucky not to bag an award. Saucony's ISO "t technology (an internal sleeve that moulds to the shape of the foot) had universal appeal and a slice of Everun ... cushioning material that acts independently of the midsole ... delighted Martyn Shorten, head of our Shoe Lab: "A blend of softer cushioning and high energy return is not easy to accomplish," he said. **Bottom line** Pillow, snug and dependable.



### Mizuno Wave Rider 19 £115

Mizuno has been producing lighter, better-tting shoes, but has stuck with its shock absorption Wave Plate in the heel, which split results in lab and wear tests. While the lab recorded high cushioning, testers noted the "hard feel" in the heel and rear-foot cushioning that was "too "rm". But they praised the shoe's responsiveness. **Bottom line** Responsive but the shoe offers a "rm-feeling ride.



#### CUSHIONING

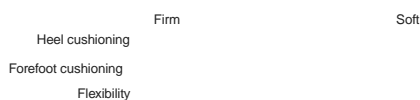
An impact-test machine measures how soft or "rm a shoe is. An 8.5kg weight ... the average weight of the lower leg ... is dropped onto the heel and forefoot of a men's size 8 shoe to see how much the midsole compresses.

#### FLEXIBILITY

This tells us how smoothly a shoe moves from heel strike to toe-off. The forefoot is placed in a machine that bends it 45 degrees ... about the same as a foot "exes on the run ... 60 times in 20 secs. The force needed indicates "exibility.

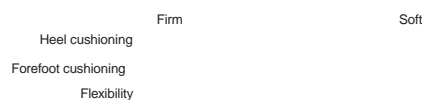
### Pearl Izumi EM Road N3 £94.99

This looks chunky, due to the introduction of more midsole foam than Pearl Izumi has put in a shoe before, but it's relatively light for the protection you get. The ride is comforting but not squishy ... the "rm cushioning helped keep heel-to-toe transition speedy and the feet turning over quickly. The wide toebox was popular, as was the very breathable one-piece upper. **Bottom line** Plush, wide and reliable.



### Saucony Hurricane ISO 2 £135

There are many things to admire about this shoe but our testers' highest praise was reserved for the "t and comfort of the well-padded, two-layer upper that hugs the heel and midfoot while providing plenty of room up front for your toes. The new midsole material provides better energy return and a triangle-lugged outsole design improves the shoe's "exibility. **Bottom line** Comfy, responsive and stable.



#### HEIGHT AND WEIGHT

We weigh men's (size 8) and women's (size 5) models. We also measure stack height. To "nd heel and forefoot thicknesses, we cut away upper material and take digital readings. These readings give us the shoe's "heel drop.





ROUTE RECCE P113  
RACE PICK P114 RACE FINDER P123

LET YOUR TRAINING LOOSE

## THE RUNDOWN

I prefer to run alone and while I can certainly appreciate the buzzy atmosphere and feeling of mutual support generated at a race, I really wish it didn't depend so much on the presence of other people.

The Haldon Heartbeat is a small (150-300 runners), cheerfully low-key, no road charity 8.5-mile race with no medal and no goody bag: I was greatly looking forward to it. Race HQ was the (closed) bar at Exeter Racecourse, at the top of Haldon Hill, about a 15-minute drive from the city centre. The runners, a great many of whom seemed to know each other, chatted over pre-race teas, coffees and pieces of brownie. I smelt no Deep Heat, saw no one staring into the distance in deep contemplation of the physical and mental struggle to come and heard no one chanting their pre-race mantra. The brownies, however, were a hit.

Pleasantries over, we "led outside to a car park, lined up beside some portable

cabins and, after a short time, we began to run. I'm almost certain someone shouted "Go!" though I can't be sure about the exclamation mark. It was probably just "Go" or "Best be off, then."

After a brief early section on the road we turned onto hard-packed track that hugged the racecourse. From there we headed up onto the trails that run through Harcombe Woods in Haldon Forest. They were wide and hard, though heavily rutted in places by earthmovers: for this reason I paid careful attention to my footing and was rewarded with a smack in the face from overhanging branches. Twice.

It was windy but dry and the sun was carving slices of light through the conifers, whose rich, piney scent hung in the air, as heavy as an ageing auntie's perfume but less likely to cause an asthma attack. Next up was a downhill section that demanded technical skills no greater than being able to run and shout "Wheeee" at the same time. This went on for some time, before evening out for a long "at stretch. And then came mile four, whose defining





Three more hilly  
o -road races

Somerset, April 10

LIKE THIS?

Gloucester, June 1

Monmouthshire, September 11

feature was a hill of the hands-on-the-knees variety. Boy, it brought me up short. The runner ahead began to plough her way up the well-worn trail and was soon up to her ankles, then her calves, in rich brown sludge. I took a less-travelled route to her left and remained dry, clean and slightly pleased with myself.

This took us to a long section where the forest receded a respectful distance from the trail. The terrain was treacherous here, so I took it carefully. Ahead, a runner was picking her way gingerly along, arms out to her sides. •I hate these stony bits,• she spat. •I feel like a bloody ballerina.•

I took my chance to leap, Nijinsky-like, past her and pressed on, glad to come to the end of this awkward stretch and even happier to see that what followed was another wide, welcoming downhill section. I swung over to the side of the trail to grab some water and saw there was a child holding out a big box of sweets ... jelly babies. Feeling unusually coordinated I hardly slowed as I reached in, scooped deeply and pressed to my

## •What followed was another wide, welcoming downhill section•

mouth an empty hand. I called •Thanks• to the boy and pretended to chew, but, idiotic as I felt, my good mood was unassailable: the sun was shining, the air was clear, I was moving well and there were mercifully few runners around me.

At around mile six I found myself behind a heavy-set man wearing running tights woefully ill-suited to the mighty task that had been set them. He was, I could reluctantly tell, also wearing Y-fronts, or shorts so old-fashioned the word •retro• had not yet been coined when they had “rst been created, presumably on a loom.

On this runner’s backside perched a “y. Its journey was not a smooth one, as

the man’s buttocks rose and fell like a curmudgeonly sea as he navigated the trail, but the “y clung on. For about half a mile. When I passed the man, who was breathing evenly and seemingly enjoying himself immensely, the “y was still there. A lazier insect I have never seen.

The last section took us back along the road and the race “nished in the car park where we had started out and where the race organiser was making a point of “nding out the names of any runners she did not know and calling out encouragement for the last 50 metres. That was the mark of the event. The Haldon Heartbeat is fun, it•ll keep you on your toes and afterwards, if you’re in the mood, there’s a lot of lively chat to be enjoyed and “ne cake to be eaten while prizes are given to the “rst three “nishers (men and women) and “rst three veterans. Give it a try.

ORun it The next Haldon Heartbeat takes places on Saturday, 14 May. Visit [haldontrailrunners.org.uk](http://haldontrailrunners.org.uk)



# WARWICK HALF MARATHON

Event organiser Hannah Townsend guides you through this looped town and country course in the middle of England

**START** You gather close to the town's racecourse before trotting out from its car park. The course's inaugural horse race took place in 1707, and two-year-old Red Rum raced here in 1967.

**MILE 1** It's a slight climb away from the historic town centre. You pass Hill Close Gardens, which was created in the 19th century so urban dwellers without a garden could enjoy their own open, individual spaces.

**MILE 2** Look out for the Gothic spire of St Mary's Church (A). The church was rebuilt following the Great Fire of Warwick, which devastated much of the town in 1694. To your right is the bend of the River Avon.

**MILE 3** Runners pass the Saxon Mill, which was a working water mill until 1938 but is now a popular pub and restaurant. You continue along the fairly "at and tra c-free Coventry Road for more than two miles.

**MILE 4** After passing through Leek Wootton village, you will run alongside a former medieval deer park.

**MILE 7** Enjoy this rural part of the course, where you're surrounded by farmland and the odd cluster of houses.

**MILE 9** Runners head through Hatton village, which housed an asylum for up to 1,600 psychiatric patients in the 19th century

**MILE 10** You'll cross a bridge over the Grand Union Canal, which runs

from London to Birmingham. You will then skirt Budbrooke village, which in 2000 was the epicentre of one of the largest earthquakes recorded in the UK in recent times (registering 4.2 on the Richter Scale).

**MILE 12** After reaching Hampton-on-the Hill, you can enjoy a satisfying descent that takes you back into the town centre. You may catch a glimpse of Warwick Castle (B), a major tourist attraction.

**FINISH** Crowds lining the "nishing straight will urge you across the "nish line. Your medal and technical T-shirt await.

**INSIDE STORY**  
Hannah Townsend says:  
•This April will be the fourth year we've staged this event to fundraise for the British Heart Foundation. In its "rst year the race began and ended at Warwick Castle, but because of parking and some other issues, we found a better route using the racecourse. It's a big event for the BHF: last year runners raised about £100,000 for the charity. As well as attracting lots of charity participants, it also appeals to club runners. It's an undulating course, but there are no really big, horrible hills. It takes you out into the lovely countryside in a large loop from Warwick. This means it appeals to inexperienced runners as well as those chasing a PB. It has been warmly welcomed by the local running community as a well-organised addition to the calendar.

•Run it The 2016 race is on April 3. For more details, visit [runnersworld.co.uk/warwickhalf](http://runnersworld.co.uk/warwickhalf)

## THE RUNDOWN



## ANGUS HAM

ROAD - RURAL - HILLY

When April 17

Where Dundee

The quiet B roads that make up a substantial part of this course hint at fast times, but you also have a total climb of 208m over the duration of this half marathon, so a PB is not all that likely. Instead, relax and enjoy the splendour of the woodland and wildlife of Monikie Country Park as you pass through it at the start and in the "nal stages.

## TITANIC QUARTER 10K

ROAD - FLAT - TOWN

When April 10

Where Belfast

Every year around 1,500 runners go full steam ahead at this dockside run, which takes you past both the SS Nomadic, which ferried passengers from the shore to the Titanic, and the HMS Caroline, which saw combat in the First World War and is the only ship that fought in the 1916 Battle of Jutland that's still a"oat.

## GREAT WELSH MARATHON

ROAD - RURAL - FLAT

When April 17

Where Llanelli

For many Welsh runners, this is the go-to spring marathon for those who failed to get a place in London, but perhaps it's time more of us took a gander at it. It's a fast, "at "gure-of-eight route that starts and "nishes in Carmarthenshire's Millennium Coastal Park and also takes you along the Llanelli coastline.

## EXE TO AXE

OFFROAD - RURAL - HILLY

When April 3

Where Devon

A brutish 20-miler from Exmouth to Axmouth (or Seaton Esplanade, to be precise) that takes in a stretch of the Jurassic Coast World Heritage Site. Not only are there over 1,200m of climb, but you'll also be tested by the terrain: rocks, shale, sand, mud and plenty more. The race is in its 13th year and the organisers are now offering a relay option, too.

## ORION 15

OFFROAD - RURAL - HILLY

When April 2

Where London

There can't be many races in the UK more deserving of the epithet "venerable" than this one. The 2016 edition will be the 62nd outing for a race put on by a club that dates back to 1911. It's 15 miles of cross-country through beautiful Epping Forest and as you tick off the miles the course becomes tougher, just to keep things interesting.

## WILMSLOW HALF MARATHON

ROAD - RURAL - FLAT

When April 3

Where Cheshire

This 13.1-miler through the leafy footballer belt tends to "y under the radar when it comes to publicity but it doesn't have to shout that loudly ... it "ls its 5,200 places each year. The course on rural roads is wide, "at and pretty; the vibe is relaxed; and it's a perfect progress check for a spring marathon.

## OFFERS OFFER

OFFROAD - RURAL - HILLY

When April 24

Where Gloucestershire

This is an event that has become synonymous with springtime racing, thanks to its longevity and popularity. It's 20 kilometres around O a's Dyke, through the gorgeous Wye Valley. It includes a hefty 480m of climb but, as the organisers sweetly put it, the race is "characterful" as well as being challenging.

## LOWESTOFT 5 MILE

ROAD - TOWN - FLAT

When April 3

Where Suffolk

Here's a chance to test your speed endurance on an increasingly rare distance (the RW events listings tell us ... at time of going to press ... there are only 76 "ve-milers planned in the UK this year). The route takes you along the promenade and, along with the medal, there is the promise of "plenty of goodies at the "nish.



















## RACE

THE BEST UK EVENTS IN APRIL

## How to use Race Finder

It's pretty easy ... just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover, at the least. This issue features races from Friday April 1 to Sunday May 8. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of space. Find more extensive listings and an interactive search tool at [runnersworld.co.uk/](http://runnersworld.co.uk/) events. Just log on and sign up!

## Key to race entries

**RACE NAME**  
5Ks, 10Ks, half marathons and marathons are clearly shown. Numbers only (eg 5, 20) represent the distance in miles.

**RACE TYPE**  
The kind of terrain and surroundings: road, trail, hilly, flat, urban and rural.

**ADDITIONAL RACES**  
The event offers more races than the one stated, such as shorter fun runs or a children's race.

## RW online entry

Signing up for events marked with this "ash" couldn't be simpler. Go to [runnersworld.co.uk/events](http://runnersworld.co.uk/events) and search for the race you want to enter by name.

Click "Enter Online". Select the category of race you wish to enter (whether you are a member of a running club or non-affiliated).

Enter your details and pay online.

Then you'll be sent a confirmation email. It's as simple as that.

## ROAD RACE

**LEICESTER MARATHON**  
VENUE Victoria Park, Leicester, 9:15am  
CONTACT Christian West-Pidger; 0116 231 8400; christianwest-pidger@ros.co.uk  
www.leicestermarathon.org.uk  
COST £26/£29/£30/£/DYES, £5

## COST

The "rst" figure is for entrants belonging to a UKA-affiliated running club. The second is for non-affiliated runners.

**CLOSING DATE**  
Closing date for entries, if applicable.

**ENTRY ON DAY ORGANISER'S**  
Is it possible to turn up, pay and run? Who you should if yes, and it costs speak to if you have more to do this, it's usually stated.

## TRAIL

**BURN SERIES ADVENTURE DAY (+)**  
VENUE Targam Park, Port Talbot, Cwmbran  
CONTACT Danni Page; 07885 597 303; danni@burnseries.co.uk  
burnseries.co.uk  
COST £/DNO

## TRAIL

**HUNDRED ACRES 10K TRAIL**  
VENUE West Walk Hundred Acres Road, Wickham,  
CONTACT Jeffrey Clark; 07472 220 433; dhiltruck@gmail.com  
COST £18/£20/£28/£/DYES, +£2

## ROAD RACE

**2XU JOGLE**  
VENUE From John O'Groats to Lands End, Caithness  
CONTACT Steven Worrall; 01299 250 834;  
07860 418 040; info@ultrarunningltd.co.uk; www.ultrarunningltd.co.uk  
COST £220/£/D1/£/DNO

## ROAD RACE

**RUN ETON DORNEY HALF MARATHON (+)**  
VENUE Eton Dorney Rowing Lake, Wokingham  
CONTACT Benedict Mason; 07540 902 612; bookings.votwo.co.uk; votwo.co.uk  
COST £23/£/DYES, +£4

## MARATHON PREPARATION RACE 2016

**ROAD RACE**  
VENUE Dorney Lake, Off Court Lane, Dorney, Windsor  
CONTACT Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com/  
marathon-prep.hill  
COST £16/£18/£/DYES, £20

## TRAIL

**QUEEN ELIZABETH SPRING MARATHON**  
VENUE Queen Elizabeth Country Park, Peters'eld,  
CONTACT Phil Hoy; 07704 502 800; philhoy@secondwindrunning.co.uk  
COST £28/£30/£29/£/DYES, +£5

## TRAIL

**OLD SKOOL MUD RUN (+)**  
VENUE Buckingham, Reading Race Events;  
CONTACT 01904 409 401; events@ratrace.com; ratrace.com/  
oldskoolmudrun2016  
COST £/DNO

## ROAD RACE

**READING HALF MARATHON (+)**  
VENUE Green Park, Reading  
CONTACT Tim Bevis; 01276 405 040; challenges@makeawish.org.uk; www.make-a-wish.org.uk  
COST £/DNO

## TRAIL

**HOLE PARK TRAIL RUN 5K (+)**  
VENUE Hole Park, Benenden, Rolvenden, 9:30am  
CONTACT E King; 01233 860 265; 07545 860 122; trispiritevents.com; www.trispiritevents.com  
COST £14/£16/£25/£/DYES, £18

## ROAD RACE

**NO WALK IN THE PARK 5K (+)**  
VENUE Queen's Park, Cricket Pavilion, Chester'eld,  
CONTACT Colin Sinnott; 01246 864 361; 07749 860 685; nderbysrc@yahoo.co.uk; northderbyshirecc205994; +44148 086 9466; eamonn.dorling@ntlworld.com; www.thorneyrunningclub.co.uk  
COST £/DYES, +£2

## ROAD RACE

**THORNEY 10K (+)**  
VENUE Bedford Hall, Station Road, Thorney, Peterborough, 10:30am  
CONTACT Eamonn Dorling; 01733 205 994; +44148 086 9466; eamonn.dorling@ntlworld.com; www.thorneyrunningclub.co.uk  
COST £/DYES, +£2

## ROAD RACE

**LIDL KINGSTON BREAKFAST RUN (+)**  
VENUE Kingston-Upon-Thames, Market Square, Kingston-upon-thames  
CONTACT Sam Young; 0208 391 3913; 0208 391 3913; sam.young@humanrace.co.uk  
COST £/DYES, +£2

## TRAIL RACE/HILLY

**ORION 15**  
VENUE Jubilee Retreat, Bury Road, Chingford, 10am  
CONTACT Grant Corton; bobjouslife@hotmail.com; www.orionhills.com/events/#event/register/2016/4/2/4030a  
CONTACT Toa; 01276 405 040; challenges@makeawish.org.uk; www.make-a-wish.org.uk  
COST £/DYES, +£2

## ROAD RACE

**WILMSLOW HALF MARATHON**  
VENUE Wilmslow Rugby Club, Kings Road, Wilmslow  
CONTACT Toa; 01276 405 040; challenges@makeawish.org.uk; www.make-a-wish.org.uk  
COST £/DYES, +£2

## ROAD RACE

**REGENT'S PARK 10KM SUMMER SERIES**  
VENUE Regent's Park, London, 9:30am  
CONTACT Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.regentsparkrace.co.uk  
COST £15/£/DYES, +£2

## ROAD RACE

**QEOP 10KM SUMMER SERIES**  
VENUE Queen Elizabeth Olympic Park, London, 9:30am  
CONTACT Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.qeopracers.com  
COST £15/£/D1/£/DYES

## TRAIL RACE/HILLY

**AXE TO AXE 20 MILE COASTAL RUN (+)**  
VENUE Start Foxes Hole Car Park Exmouth, Finish Seaton Esplanade, Exmouth  
CONTACT Paul Mitchell; 07831 559 341; paul.j.mitchell@outlook.com; www.sidmouthrunningclub.co.uk  
COST £10/£/D28/3/£/DYES, +£2

## ROAD RACE

**WIMBLEDON HALF MARATHON (+)**  
VENUE Wimbledon Common, Rushmere Pond, Wimbledon, 9:15am  
CONTACT Race Secretary admin@energizedsports.com; www.energizedsports.com  
COST £19/£21/£/DYES, £35

## TRAIL RACE/HILLY

**RUN RICHMOND PARK 10K RACE 3 2016 (+)**  
VENUE Richmond Park, Sheen Lane, Richmond, 10:15am  
CONTACT David Krangel; 020 8144 0797; 07919 141 531; info@theevents.com; theevents.com/run-richmond-park-5k-and-10k-race-2016  
COST £17/£/D18/£/DYES, +£5

## TRAIL RACE

**EXETER CITY 10K**  
VENUE Bucks Meadow Sports Park, Salmon Pool Lane, Exeter, 11am  
CONTACT Mark Caswell; 0797 783 1519; 0797 783 1519; mark.caswell1@btinternet.com; www.mccpromotions.co.uk  
COST £14/£/DYES

## ROAD RACE

**RUN NORTHUMBERLAND HALF MARATHON**  
VENUE Kirkley Hall, Ponteland, Newcastle Upon Tyne  
CONTACT Richard Hunter; 07545 140 810; info@run-nation.org; www.runnation.co.uk  
COST £26/£28/£/DYES, +£2

|   |  |   |  |
|---|--|---|--|
| <p>COMPTON DOWNLAND CHALLENGE 20 VENUEhe Downs School, Manor Crescent, Compton, Newbury, <b>CONTACT</b> Lucy Gettins; downlandchallenge@comptonharriers.org.uk; comptonharriers.org.uk <b>COST</b> £20/£23/D2/4/E/D YES, +£5</p>  | <p><b>€ROAD</b> <b>FLAT</b> <b>CLISSOLD PARK 10KM SPRING RELAY</b> VENUElissold Park, Green Lanes, Hackney, 10am <b>CONTACT</b> Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com <b>COST</b> £28C/D9/4E/DYES</p>   | <p><b>€ROAD</b> <b>RURAL</b> <b>WINDSOR WINTER 5K, 10K, 15KM &amp; 20KM - DORNEY LAKE, WINDSOR (+)</b> VENUEton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:15pm <b>CONTACT</b> Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk <b>COST</b> £3E/DNO</p> | <p>07963 193 324; sjhope@tiscali.co.uk; www.pactrac.co.uk <b>COST</b> £24/£28/D4/4E/DNO</p>  |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>ENDURANCELIFE CTS EXMOOR (+)</b> VENUEynton (TBC), <b>CONTACT</b> James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.co.uk <b>COST</b> £3E/DNO</p>  | <p><b>€TRAIL</b> <b>INNOVATION SPORTS HALF MARATHON SERIES (+)</b> VENUEClapham Common, Bandstand, Clapham, 9am <b>CONTACT</b> Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk <b>COST</b> £19/£23/DYES, £35</p>                                     | <p><b>€TRAIL</b> <b>VIPER369 (+)</b> VENUEBelamere Forest, Northwich, <b>CONTACT</b> damian cross; info@dsviper-events.com; www.viper-events.co.uk <b>COST</b> £3E/DNO</p>  | <p><b>€ROAD</b> <b>DERBY 10K (+)</b> VENUEPRO Stadium, Pride Parkway, Derby, 9am <b>CONTACT</b> Sporting Futures; 01773 841 423; 07920 703 712; events@sporting-futures.org.uk; www.sporting-futures.org.uk/sporting-futures-events <b>COST</b> £20/£2/D 11/E/DNO</p>            |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>THE ROYAL BRITISH LEGION MAJOR SERIES SOUTH (+)</b> VENUEridge Park, Tunbridge Wells, Tunbridge Wells, 9:30am <b>CONTACT</b> The Major; 020 8996 2220; themajor@britmil.com; https://www.britmil.com/major-series/events/south <b>COST</b> £3E/DNO</p> | <p><b>€ROAD</b> <b>FLAT</b> <b>PUTNEY &amp; FULHAM RIVERSIDE HALF MARATHON</b> VENUEBarn Elms Sports Centre, Queen Elizabeth Walk, London, <b>CONTACT</b> Race Secretary admin@energizedsports.com; www.energizedsports.com <b>COST</b> £19/£23/DYES, £35</p>                                | <p><b>€TRAIL</b> <b>RURAL</b> <b>XRUNNER WILD MUD RUN</b> VENUEsmaston Manor, Ashbourne, Derby, 9am <b>CONTACT</b> Steve Walker; s.black@x-runner.co.uk; xrunner.co.uk/events/wild-thing-mud-run-obstacle <b>COST</b> £16/£18/DYES, £60 unaflated</p>   | <p><b>€ROAD</b> <b>PLYMOUTH'S HALF MARATHON</b> VENUElymouth, <b>CONTACT</b> Go2Events; 0845 4812 148; info@go2events.org.uk; www.plymouthhalfmarathon.co.uk <b>COST</b> £3E/DNO</p>   |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>CAYTHORPE CANTER 26 MILES (+)</b> VENUEaythorpe Playing Field, Old Lincoln Road, Caythorpe, 8:30am <b>CONTACT</b> David Dorey; 01400 272 018; 01400 272 015; pfcommittee2014@gmail.com; caythorpe.co.uk <b>COST</b> £15/D15/E/DYES, +£5</p>            | <p><b>€TRAIL</b> <b>RURAL</b> <b>CHEDDAR GORGE CHALLENGE - 10K (DATE 1 OF 4) (+)</b> VENUEcheddar Gorge (at the top!), Cheddar, 11am <b>CONTACT</b> Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com/cheddar-gorge-challenge.php <b>COST</b> £16/£18/DYES, +£2</p>           | <p><b>€TRAIL</b> <b>RURAL</b> <b>DIRTY DOZEN RACES - LONDON SOUTH</b> VENUEhe Hop Farm Family Park, Maidstone Road, Paddock Wood, 9:am <b>CONTACT</b> Bug Spence; 020 7193 8614; info@dirtydozenraces.com; atnd.it/3499240 <b>COST</b> £3E/DNO</p>  | <p><b>€ROAD</b> <b>MARNHULL 12K AND FUN RUNS</b> VENUESt Gregory's Church of England VA Primary School, New Street, Marnhull, <b>CONTACT</b> Ruth Collis; ruthcollis@hotmail.co.uk; stgregorymarnhull.dorset.sch.uk <b>COST</b> £8/£10/D1/4E/DYES, +£2</p>                       |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>THE TAITH TORFAEN</b> VENUEWest Monmouth School, Blaendare Road, Pontypool, 10am <b>CONTACT</b> Cwyneth Littlejohn; gljx57@gmail.com; www.sientries.co.uk/event.php?event_id=10 <b>COST</b> £25/£30/D27/E/DNO</p>                                      | <p><b>€ROAD</b> <b>RURAL</b> <b>PEN SELWOOD 10K (+)</b> VENUEPen Selwood Village Hall, Pen Selwood, Wincanton, 10am <b>CONTACT</b> Les Braun; 01935 816 396; GillinghamTrotters@hotmail.com; www.gillinghamtrotters.talktalk.net <b>COST</b> £8/£10/D2/4 E/DYES, +£2</p>                     | <p><b>€ROAD</b> <b>FLAT</b> <b>RUNTHROUGH BATTERSEA PARK 5K &amp; 10K</b> VENUEBattersea Park, London, <b>CONTACT</b> Run Through; info@runthrough.co.uk; runthrough.co.uk <b>COST</b> £3E/DNO</p>  | <p><b>€ROAD</b> <b>SKYLINE 120 BRAINTREE 5M</b> VENUEhe Discovery Centre, Great Notley Country Park, Braintree <b>CONTACT</b> Braintree 5; skylinebraintree5@gmail.com; www.braintreeanddistrictac.co.uk/v2/braintree5.html <b>COST</b> £10/£12/D10/4E/DNO</p>                   |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>WOKEFIELD 10K (+)</b> VENUEWoke'eld Park, Goodboys Lane, Mortimer, 10am <b>CONTACT</b> Andy Macaskill; www.woke'elfunrun.co.uk <b>COST</b> £1E/DYES, +£1</p>   | <p><b>€ROAD</b> <b>FLAT</b> <b>THE CROYDON HALF MARATHON</b> VENUESandilands Club, Sandilands, Croydon, 9:15am <b>CONTACT</b> Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.co.uk <b>COST</b> £10/£22 C/D3/4E/DYES</p>   | <p><b>€TRAIL</b> <b>RURAL</b> <b>CLANDON PARK RUN (+)</b> VENUEGeorge Abbot School, Woodruff Road, Guildford, 10am <b>CONTACT</b> Becky Russell; 01483 720 459; becky@gmail.com; www.clandonparkrun.co.uk <b>COST</b> £1E/DNO</p>   | <p><b>€TRAIL</b> <b>RURAL</b> <b>RADCLIFFE TRAIL 10K RUN</b> VENUEams Lane Primary School, Radcliffe, Manchester, 10am <b>CONTACT</b> www.radcliffeac.org.uk/race/radcliffe-10k-trail-race <b>COST</b> £6/£8/DYES, +£1</p>   |
| <p><b>€ROAD</b> <b>RURAL</b> <b>HARWICH RUNNERS LT BROMLEY 10K (+)</b> VENUEittle Bromley Church, Barlon Road, Manningtree, 10:30am <b>CONTACT</b> Billy Knott; bromley@harwichrunners.co.uk; www.harwichrunners.co.uk/bromley10k/index <b>COST</b> £6/£8/D1/4E/DNO</p>                 | <p><b>€ROAD</b> <b>FLAT</b> <b>DENBIGH 10K (+)</b> VENUEDenbigh Leisure Centre, Clwyd Avenue, Denbigh, 9:30am <b>CONTACT</b> Tom White; 07769 958 671; info@bespoke*tnessandevents.co.uk; www.bespoke*tnessandevents.co.uk <b>COST</b> £12/D10/4E/DYES</p>                                   | <p><b>€TRAIL</b> <b>RURAL</b> <b>FLITWICK 10K (+)</b> VENUEMillennium Green, Dunstable Road, Flitwick, 10:30am <b>CONTACT</b> Ann De Winter; 07855 213 702; RaceDirector@Flitwick10K.org.uk; www.Flitwick10K.org.uk <b>COST</b> £12/£16/4E/DYES, £15</p>  | <p><b>€TRAIL</b> <b>RURAL</b> <b>HOUGHTON 11K TRAIL RUN (+)</b> VENUEillage Hall, Houghton, Stockbridge, 10:15am <b>CONTACT</b> Fiona Evans; 01794 389 237; houghton.trail@btinternet.com; www.houghton-trail-events.co.uk <b>COST</b> £10/£12/D9/4E/DYES, +£1</p>               |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>BEAT THE BORE</b> VENUElmore Village Hall, Elmore, Gloucester, 8am <b>CONTACT</b> Simon Barnes; 01453 353 102; 44793 910 <b>CONTACT</b> iarnoutdoors.co.uk; www.beatthebore.co.uk <b>COST</b> £21/£23/DNO</p>  | <p><b>€TRAIL</b> <b>RURAL</b> <b>DEWIZES HALF MARATHON</b> VENUEhe Green, Dewizes, <b>CONTACT</b> Mike Shipway; 07595 449 480; info@eventslogicsw.co.uk; eventslogicsw.co.uk/event/dewizes-half-marathon/18 <b>COST</b> £18.50/£20/D11/4E/DNO</p>  | <p><b>€TRAIL</b> <b>RUN TO READ 2016 (+)</b> VENUEBrigidine School, Queensmead, Kings Road, Windsor, 2pm <b>CONTACT</b> Helen Miller; 01753 863 779; hmiller3x@gmail.com; www.runtoread.co.uk <b>COST</b> £1E/DYES, +£5</p>   | <p><b>€TRAIL</b> <b>RURAL</b> <b>MAGNIFICENT EASTNOR CASTLE 7</b> VENUEastnor Deer Park, Ledbury <b>CONTACT</b> Duncan Cresswell; 07774 008 720; duncancresswell@btinternet.com; www.ledburyharriers.org.uk/magnificent-eastnor-castle-7 <b>COST</b> £10/£12/D 4/E/DYES, +£4</p> |
| <p><b>€ROAD</b> <b>FLAT</b> <b>ASICS GREATER MANCHESTER MARATHON</b> VENUEOld Trafford, Sir Matt Busby Way, Manchester, 9am <b>CONTACT</b> Xtra Mile Events Xtra Mile Events; 0161 928 6795; info@xtramileevents.com; www.greatermanchestermarathon.co.uk <b>COST</b> £3E/DNO</p>       | <p><b>€TRAIL</b> <b>RURAL</b> <b>RENNIE GROVE HOSPICE CARE - MUDDY MUCKER</b> VENUEhiswell Green, Chiswell Green Lane, St Albans, 10am <b>CONTACT</b> Hayley Pearson; 01442 820 723; 07895 125 231; hayley.pearson@renniegrove.org; www.renniegrove.org/muddymucker <b>COST</b> £3E/DYES</p> | <p><b>€TRAIL</b> <b>RURAL</b> <b>DANESFIELD DASH 10K (+)</b> VENUEBAS - Wittington House, Henley Road, Marlow, 10am <b>CONTACT</b> Danes'eld PTA; Danes'eldschoolpta@hotmail.co.uk; www.purplepatchrunning.co.uk <b>COST</b> £14/£16/D12/4 E/DYES, +£2</p>  | <p><b>€TRAIL</b> <b>RURAL</b> <b>ALDBURY CROSS COUNTRY 5.3</b> VENUEldbury Sports Ground, Stocks Road, Aldbury, Tring, 11am <b>CONTACT</b> Results Base www.resultsbase.net; aldbury1@virginmedia.com; www.aldbury.co.uk <b>COST</b> £12/£16/D10/4E/DYES, +£1</p>                |
| <p><b>€TRAIL</b> <b>RURAL</b> <b>THE PODPLUS ASHFORD &amp; DISTRICT MARATHON (+)</b> VENUEBandyacres, Sandyhurst Lane, Ashford, 9am <b>CONTACT</b> Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.co.uk <b>COST</b> £12/£13/£17/4E/DYES, £35</p>                   | <p><b>€TRAIL</b> <b>RURAL</b> <b>RESOLUTION RUN 5/10/15K - LYDIARD PARK</b> VENUELydiard Park, Lydiard Tregoze Swindon, Swindon, 11am <b>CONTACT</b> Claire Haines; 01179 115 470; 01179 115 470; resolution@stroke.org.uk; atnd.it/352-0 <b>COST</b> £12/£13/£17/4E/DYES, £35</p>           | <p><b>€TRAIL</b> <b>RURAL</b> <b>PACTRAC PETERBOROUGH DUATHLON</b> VENUEastor Village Hall, Peterborough Road, Castor, Peterborough, 9am <b>CONTACT</b> Steve Hope; 01780 481 172E/DYES, +£2</p>  | <p><b>€TRAIL</b> <b>RURAL</b> <b>DARENT VALLEY 10K</b> VENUEhe Anthony Roper School, High Street, Eynsford, 8:30am <b>CONTACT</b> Swanley and District Athletic Club; www.swanleyanddistrictac.co.uk <b>COST</b> £7/£9/D 4/4E/DNO</p>  |
| <p><b>€ROAD</b> <b>RURAL</b> <b>BELVOIR HALF MARATHON (+)</b> VENUEBose Village Hall, 2 Harby Lane, Hose, 10am <b>CONTACT</b> An Smith; 01949 860 707; ifshose@f2s.com; www.hosevillage.org.uk/bhmarathon <b>COST</b> £20/£22/D 25/£E/DYES, +£5</p>                                     | <p><b>€TRAIL</b> <b>RURAL</b> <b>THE PLUSNET YORKSHIRE HALF MARATHON</b> VENUEhe'eld, 9:30am <b>CONTACT</b> to@theyorkshiremarathon.com; www.theYorkshiremarathon.com <b>COST</b> £28/£3E/DNO</p>  | <p><b>€ROAD</b> <b>FLAT</b> <b>TRAJAN CHESTER SPRING 5M</b> VENUEheshire County Sports Club, Plas Newton Lane, Warrington, Chester, <b>CONTACT</b> Spring 5; Spring5wcac@gmx.co.uk; www.westcheshireathletics.co.uk <b>COST</b> £17/£E/DNO</p>  | <p><b>€TRAIL</b> <b>RURAL</b> <b>GOUDHURST 10K (+)</b> VENUErisebridge Health &amp; Sports Club, Risebridge Farm, Peasleys Lane, Goudhurst <b>CONTACT</b> Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk <b>COST</b> £13/£15</p>                       |
| <p><b>€TRAIL</b> <b>BOURNE ROTARY •RUN IN THE WOODŽ (10K) •FUN (+)</b> VENUEBourne Woods, Bourn <b>CONTACT</b> Jo Sunner; bourne.funrun@yahoo.co.uk; www.bournefunrun.btck.co.uk <b>COST</b> £3E/DNO</p>  | <p><b>€ROAD</b> <b>FLAT</b> <b>WESTON PROM 5M - RACE 8 OF 9</b> VENUEBay Cafe, Tropicana, Marine Parade, Weston Super-mare, 7:30am <b>CONTACT</b> Malcolm Gammon; promrun@westonac.co.uk; www.westonac.co.uk/prom <b>COST</b> £14/£16/D14/E/DYES</p>   | <p><b>€TRAIL</b> <b>FRISKNEY HALF MARATHON</b> VENUEillage Hall, Friskney, Boston <b>CONTACT</b> Peter Arnott; 01754 820 455; 07711 156 079; parnott.force9.co.uk; bostonanddistrictac.co.uk <b>COST</b> £15/£17/D5/4E/DNO</p>  | <p><b>€TRAIL</b> <b>FRISKNEY HALF MARATHON</b> VENUEillage Hall, Friskney, Boston <b>CONTACT</b> Peter Arnott; 01754 820 455; 07711 156 079; parnott.force9.co.uk; bostonanddistrictac.co.uk <b>COST</b> £15/£17/D5/4E/DNO</p>   |

## Where's the action?

April's 195 events broken down by region

Scotland / 7

North / 35

Midlands / 18

East / 6

South / 95

Southwest / 26

Wales / 8

North West listings in NI at time of going to press)

## Going the distance

April's 195 events broken down by distance

€ROAD RURAL FLAT  
VALIANTS HALF MARATHON (+)  
VENUEalants Equestrian Centre, Lancaster Rd, Outwood, Preston, 10am CONTACT Alan Taylor; 07850 684 162; alan.taylor7@bt.com COST £16/E/D10/4 E/DYES, +£2

€ROAD  
ASDA FOUNDATION CITY OF LINCOLN 10K  
VENUEIncoln, 9:30am CONTACT Run For All -; info@runforall.com; www.runforall.co.uk COST £23/E/D25/DNO

€ROAD RURAL FLAT  
BOSTON MARATHON UK  
VENUEBoston, 9am CONTACT Farish Kurup; info@bostonmarathon.co.uk; www.bostonmarathon.co.uk COST £28/E/D34/E/DNO

€TRAIL RURAL  
GRANTHAM CUP 2016  
VENUEBelton International Horse Trials, Belton House, Grantham, 10am CONTACT Andrew MacAllister; event@granthamrunningclub.co.uk; www.grogranthamcup.co.uk COST

€TRAIL RURAL FLAT  
FULLER'S THAMES TOWPATH 10 MILES  
VENUEBartington Road Playing Fields, Chiswick, London, 9am CONTACT Rich Berry; www.west4harriers.com/Towpath10 COST £17/E/DNO

€ROAD  
LONDON HYDE PARK 10K  
VENUEEondon, London, 9am CONTACT Race secretary admin@energizedsports.com; www.energizedsports.com COST £19/E/D25/12/D YES, £30

€TRAIL  
THE NICE WORK RICHMOND PARK 10K SERIES  
RACE THREE (+)  
VENUERichmond Park (Race starts in the Park adjacent to the Car Park at the Sheen Gate entrance), London, 10am CONTACT Martin Burke; 01797 230 009; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk COST £16/E/DYES, £20

€TRAIL  
ZSL LONDON ZOO STAMPEDE 10KM  
VENUEZoological Society of London, Regents Park, London, 9:30am CONTACT The Zoological Society of London Challenge Events Team; 020 7449 6537; fundraisingevents@zsl.org; www.zsl.org/challengeeven COST £32/E/D104/E/DYES

€TRAIL RURAL FLAT  
THORPE FOREST 10KM SERIES  
VENUEorest Holidays, Shadwell, Thetford, 11am CONTACT Kevin Marshall; 07955 495 016; kevin@positivestepspt.co.uk; www.positivestepspt.co.uk/thorpeforest-10kmseries COST £15/E/DNO

€TRAIL RURAL FLAT  
BRIDGWATER BOLT 10K  
VENUErinity Sports & Leisure, Chilton Street, Bridgwater, 10am CONTACT Emma Warr; 01823 410 124; ewarr@1610.org.uk; https://www.1610.org.uk/events/bridgwater-bolt-10 COST £12/E/DYES, +£2

€TRAIL RURAL  
THE ICKWORTH 10K HOOHAH  
VENUEhe Rotunda, Horringer, Bury St Edmunds, 10am CONTACT Hannah Hodgson; info@justhappen.co.uk; hoohaah.co.uk COST £11/E/DNO

€ROAD RURAL  
BRIGHTON MARATHON (+)  
VENUEBrighton, 9:15am CONTACT Sam Cook; 020 3752 5802 [day]; 07486 164 371 [eve]; 07486 164 371; scook@feedtheminds.org; www.feedtheminds.org/get-involved/fundraise-us/challenges/brighton-marathon COST £25 C/D29/E/DNO

€ROAD RURAL  
GREAT WELSH MARATHON (+)  
VENUElanelli Festival Fields, Millennium Coastal Park, Llanelli, 9am CONTACT M Gasser; 01554 758 036; www.greatwelshmarathon.co.uk COST £35/E/D14 E/DNO

€TRAIL FLAT  
NUNEATON AND BEDWORTH RUN FOR YOUR HEART 2016  
VENUEingles Athletics Stadium, Avenue Road, Nuneaton, 10am CONTACT Donna Stokes; 0121 353 2087; 07714 069 132; stokesd@bhf.org.uk; www.bhf.org.uk/runforyourheart COST £5 C/D104/E/DYES, +£3

€ROAD  
THE BIRMINGHAM ZEBRA 10K RUN (+)

VENUEannon Hill Park, Birmingham, 6am CONTACT Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk COST £13/E/D12/E/D

€ROAD RURAL  
HIGHWORTH 5  
VENUEameford School, Shrivenham Road, Highworth, 11am CONTACT Highworth 5 Mile; highworthrunningclub@gmail.com; www.highworthrunningclub.co.uk COST £10/E/D215/E/DYES, +£2

€TRAIL FLAT  
HEAD START 10K (+)  
VENUEother Valley Country Park, Mansfield Road, Sheffield, 9:30am CONTACT Sophie Thomas; 01124 676 464; sophie@neurocare.org.uk; https://www.sportsentrysolutions.co.uk/new\_demo\_race\_page.php?recordID=6035 COST £15/E/DYES, +£2

€TRAIL RURAL HILLY  
WARRIOR ADRENALINE RACE 5KM TEAM RACE  
VENUEWoodhall Estate, Watton At Stone, Hertford, 1:30pm CONTACT Steven Nodwell; 01528 658 569; contact@warrioradrenalinerace.co.uk; www.the-war.co.uk COST £120/D204/E/DNO

€TRAIL RURAL HILLY  
BEAT THE BIKE  
VENUEewnham Park, Plympton, Plymouth, 6pm CONTACT Maddie Horton; 0780 746 6580; info@fullysussed.co.uk; www.fullysussed.co.uk COST £10 E/DNO

€TRAIL RURAL HILLY  
WARRIOR ADRENALINE RACE 20KM (+)  
VENUEWoodhall Estate, Watton At Stone, Hertford, 10am CONTACT Steven Nodwell; 01582 658 569; contact@warrioradrenalinerace.co.uk; www.the-war.co.uk COST £45 C/D204/E/DYES, +£5

€TRAIL RURAL  
RUN RICHMOND PARK 10K RACE 4 2016 (+)  
VENUERichmond Park, Sheen Lane, London, 10:10am CONTACT David Krangel; 020 8144 0797; 07919 141 534; info@theeventsuk.com; thexevents.com/run-richmond-park-5k-and-10k-race COST £11 C/D84/E/DYES, +£5

€TRAIL RURAL  
MAVERICK ORIGINAL SUSSEX 24KM (+)  
VENUEowdray Park, Easebourne, Midhurst, 10am CONTACT Ben Macwilliam; ben@maverick-race.com; www.maverick-race.co.uk COST £25 C/D118/DYES, £1

€ROAD RURAL  
FRENCHAY 10K  
VENUEWE Glenside Campus, Blackberry Hill, Bristol, 11am CONTACT Chris Green; 0117 956 1049; randk.11a@btinternet.com; www.frenchay10k.co.uk COST £13/E/D16/E/DYES, £20

€ROAD RURAL  
THE PENSFORD 10K (+)  
VENUEPensford Memorial Hall, Pensford, Bristol, 10am CONTACT Simon Curtis; 01761 490 352; info@pensford10k.com; www.pensford10k.co.uk COST £15 C/D18/E/DYES, +£2

€ROAD RURAL  
WHITLEY 10K (+)  
VENUEWhitley Village Hall, Village Lane, Whitley, Wokingham, 10am CONTACT Clifford Straw; cliffl@btinternet.com; 10k.whitleyvillage.org.uk COST £13/E/DYES, +£2

€TRAIL RURAL HILLY  
OFFAS ORROR 20K  
VENUEckenzie Hall, Brockweir, Carmarthen, 10am CONTACT Penny; 01600 750 512; 07711 447 231; lindapenny1@btinternet.com; www.chepstowharrisevents.co.uk COST £18 E/DYES, +£2

€ROAD RURAL  
BOLTON 10K (+)  
VENUEeverhulme Park, Long Lane, Bolton, 10am CONTACT Race Committee; www.bolton10k.org COST £10/E/D217/E/DNO

€ROAD RURAL  
ABP SOUTHAMPTON HALF MARATHON (+)  
VENUEuildhall Square, Southampton, 9am CONTACT Chris Rees; 02380 010 864; events@reesleisure.co.uk; abpsouthamptonhalf.co.uk COST £15 E/DNO

€TRAIL RURAL  
RIVINGTON 10M TRAIL CHALLENGE  
VENUERivington Bowling Green, Rivington, Chorley, 10am CONTACT Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.com COST £15/D204/E/DYES, +£3

€ROAD FLAT  
CLISSOLD PARK SPRING 10KM RELAY  
VENUElissold Park, Green Lanes, London, 10am CONTACT Craig Thornton; 07740 554 190; info@theraceorganiser.com; atnd.it/420516C COST £10 E/DNO

€ROAD FLAT  
VIRGIN MONEY LONDON MARATHON  
VENUEEondon, 9am CONTACT Tim Bevis; 01276 405 040; 01276 405 040; events@makeawish.org.uk; www.make-a-wish.org.uk COST £15 E/DNO

€ROAD RURAL  
ROTARY SHAKESPEARE MARATHON 2016 (+)  
VENUEhurch Street, Stratford-upon-Avon, 9am CONTACT Administrator Administrator; 01782 388 891; info@shakespearemarathon.org.uk; www.shakespearemarathon.co.uk COST £33/E35/DNO

€TRAIL RURAL  
CURLEYS 5K TRAIL SERIES  
VENUEurleys Dining Rooms, Horwich, Bolton, 7pm CONTACT Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.co.uk COST £10 C/D44/E/DYES

€ROAD RURAL FLAT  
THE GREAT YARMOUTH PROMENADE 5 MILE SERIES RACE ONE  
VENUEMarina Centre, Marine Parade, Great Yarmouth, 7:15pm CONTACT Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.gyrm5.co.uk COST £10/E/D204 E/DYES, +£1

€ROAD RURAL FLAT  
MID CHESHIRE 5K  
VENUEKingsley Cricket Club, Mill Lane, Kingsley, 7:15pm CONTACT Michael Harrington; 07443 500 475; www.okfruitevents.co.uk COST £18/E18/DYES, +£2

€ROAD  
BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K  
VENUEhe Bandstand, Hyde Park, London, 12:30pm CONTACT Malcolm French; 020 8422 3900; lftom5k@serpentine.org.uk; www.serpentine.org.uk/pages/lftom5k.htm COST £25 C/D18/E/DNO

€TRAIL RURAL  
HARDMOORS 160  
VENUENorth York Moors National Park, Sutton Bank, Thirsk, 5pm CONTACT Jonathan Steele; 01937 830677; 07909 797 872; info@hardmoors110.org.uk; www.hardmoors110.org.uk COST £165/DNO

€TRAIL RURAL  
PLYM TRAIL MARATHON & HALF

MARATHON DAY 1 (+)  
VENUEhe Village Hall, Clearbrook, Plymouth, 9:30am CONTACT Lesley Coulton; 07872 422 356; 07943 855 706; charliec6@hotmail.co.uk; www.rstandlastrunning.com COST £28/E30/D264/E/DYES, +£2

€TRAIL RURAL  
BLUEBELL BLUNDER  
VENUEigsweir Bridge, Redbrook, Colchester, 10am CONTACT Paul Dodd; admin@rogueuruns.com; www.rogueuruns.com COST £10/E/D2234/E/DYES, +£2

€TRAIL RURAL HILLY  
HURSTBOURNE 5M (+)  
VENUEGeorge V Playing Fields, Church Street, Hurstbourne Tarrant, Dorset, 10am CONTACT Race Organiser; hurstbourne5@yahoo.com; www.hbt.org.uk/Hbt5Race.co.uk COST £10/E/D212/E/DYES, +£2

€TRAIL RURAL  
THE PONY EXPRESS NEW FOREST MULTISTAGE ULTRA  
VENUEBrockenhurst College, Brockenhurst, Lyndhurst, 9am CONTACT Neil Thubron; +44 (0)7801 244 628; info@xnrg.co.uk; www.xnrg.co.uk/events/details/pony-express-2016 COST £1148/DYES

€ROAD  
RUN THROUGH OLYMPIC PARK VELO 5K 10K & 10 MILE (+)  
VENUEelo Park, London, 10am CONTACT Un Through; info@runthrough.co.uk; runthrough.co.uk COST £10 E/DNO

€ROAD RURAL  
ROAD TO THE ISLES HALF MARATHON & 10K (+)  
VENUEMallaig & District Swimming Pool, Fank Brae, Mallaig, 10am CONTACT Sara Selzer; 01687 462 229; n/a; mallaig@btconnect.com; mallaigswimmingpool.co.uk COST £21 E/DNO

€TRAIL RURAL  
MID SUSSEX MARATHON WEEKEND (+)  
VENUEast Grinstead, Haywards Heath, Burgess Hill, 10:30am CONTACT Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk COST £18/E44 E/DYES

€TRAIL RURAL  
HARDMOORS 110  
VENUEiley Brigg Country Park, Church Cliff Drive, Filey, 8am CONTACT Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors110.org.uk; www.hardmoors110.org.uk COST £126/DNO

€TRAIL  
SRI CHINMOY TRI CLUB / GO TRI SWIM-RUN AT FILTON POOL  
VENUEilton Leisure Centre, Elm Park, Bristol, 8am CONTACT Garga chamberlain; 44770 241 0797; 44770 241 0797; garga.sctc@zoho.com; uk.srichinmoyraces.org COST £6 C/D29/E/DNO

€ROAD RURAL  
SALTASH HALF MARATHON  
VENUEarleton playing fields, Saltash, Cornwall, 10am CONTACT ed buckingham; 01752 842 626; edwardbuckingham895@msn.com; www.tamartrotters.co.uk COST £12/E/D274/E/DYES, +£2

**ETRAILRURAL**  
**PLYM TRAIL MARATHON & HALF MARATHON DAY 2 (+)**  
 VENUEClearbrook Village Hall, 9CNDTACesley  
 Couldon; 07943 855 706; www."rstandlastrunning.com  
 COST£28/£30/D26/£4/DYES, +£2

**EROADRURAL**  
**NORTH DORSET VILLAGE MARATHON (+)**  
 VENUESturminster Newton School, Bath Road, Sturminster Newton, 6CNDTACT  
 Secretary GillinghamTrotters; 01935 816 396 [eve];  
 GillinghamTrotters@hotmail.com; www.ndvm.co.uk  
 COST£28/£30/D23/£4/DNO

**EROADRURAL**  
**FORDINGBRIDGE FIRE STATION 10K**  
 VENUEFordingbridge Fire Station, Fordingbridge, 11aCNDTACT  
 Pete White; pete.white@hants"re.gov.uk; www.fordingbridge"restoration.com  
 COST£19/£9.50/DYES, £10

**ETRAILRURAL**  
**YARROW RIVER BLUEBELL 10K TRAIL RUN**  
 VENUEElamington Grill, Bolton Road, Chorley, 10am  
 CONTACTGtewart Jones; 07581 733 604; 07581 733 604;  
 madbullevents@outlook.com; www.madbullevents.com  
 COST£12/D26/£4/DYES, +£3

**EROADFLAT**  
**REGENT'S PARK 10KM SUMMER SERIES**  
 VENUERegents Park, London, 6CNDTACT  
 Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.regentsparkrace.com  
 COST£15/£7/D24E/DYES

**EROADFLAT**  
**JOHN WEST LIVERPOOL SPRING 10K**  
 VENUEBelfon Park, Liverpool, 1CNDTACT  
 Matthew Davies; 07507 630 946; matthew@merseyraces.co.uk; www.merseyraces.co.uk  
 COST£23/£21/DNO

**EROADRURAL**  
**LICHFIELD HALF MARATHON (+)**  
 VENUEKing Edwards Leisure Centre, Kings Hill, Lichfield, 10:30am  
 CONTACTPaul Griffin; 07947 698 147; paul@kpevents.net; kpevents.co.uk  
 COST£24/£26/D25/£4/DNO

**ETRAILRURAL**  
**HELP FOR THE HOSPICES 10K**  
 VENUEBeadley Heath, Leatherhead, 6CNDTACT  
 Mike Gratten; 01252 373 797; mike@209events.com  
 www.209events.co.uk  
 COST£18/D27E/DNO

**EROADRURAL**  
**RUN FRIMLEY - 10K ROAD RACE (+)**  
 VENUEFrimley Park Hospital, Portsmouth Road, Frimley, 10:30am  
 CONTACTSally McLaren; 01276 604 626; www.frimleypark.nhs.uk  
 COSTB

**ETRAILRURAL**  
**MID SUSSEX HAYWARDS HEATH 10 MILE (PART OF THE MID SUSSEX MARATHON WEEKEND)**  
 VENUEVictoria Park, Haywards Heath, 10:30am  
 CONTACTMartin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk  
 COST£17/£19/DYES, £25

**EROADRURAL**  
**SIGLION SUNDERLAND CITY HALF MARATHON (+)**  
 VENUEKeel Square, Sunderland, 6CNDTACT  
 Admin; 01434 689 040; info@sunderlandcity10k.com  
 www.sunderlandcity10k.com  
 COST

**EROADRURAL**  
**SHINFIELD 10K (+)**  
 VENUESchool Green Shin"eld, Reading, 9:30am  
 CONTACTRace Entry manager FR Systems; 0118 988 2515; shin"eld@readingroadrunners.org; www.readingroadrunners.co.uk  
 COST£11/£13/D27E/DYES, +£3

**EROADRURAL**  
**MILTON KEYNES MARATHON 2016 (+)**  
 VENUEStadium MK, Stadium Way, Milton Keynes, 10am  
 CONTACTAndy Hully; run@miltonkeynesmarathon.co.uk  
 www.mkmarathon.co.uk  
 COST£38/£46/DNO

**ETRAILRURAL**

**BRJ: MAYOR OF HUNTINGDON CHARITY RACE**  
 VENUEBiblee Park, Kings Ripton Road, Huntingdon, 10am  
 CONTACTAnnette Newton; races@brjunandtri.org  
 www.brjunandtri.org  
 COST£10/£12/DYES, +£2

**ETRAILRURAL**  
**ASHDON 10K RUN (+)**  
 VENUEShdon Primary School, Ashdon, Saffron Walden, 10:30am  
 CONTACTKarl Wirmann; ashdon10k.info@gmail.com; www.ashdon.essex.co.uk  
 COST£10/£12/DYES

**ETRAILRURAL**  
**RADLETT ROTARY FIVE FIELDS FUN RUNS 5K (+)**  
 VENUERadlett Cricket Club, Cobden Hill, Radlett, 10am  
 CONTACTSimon Pyzer; 01923 854 978; simon.pyzer@btinternet.com; www.naglersimmons.co.uk/radlett-rotary-fun-run-2015-sponsored-nagler-simmons/  
 £5C/D30/£4/DYES, +£1

**EROADRURAL**  
**CHALGROVE FESTIVAL 10K**  
 VENUERecreation Ground, Chalgrove, 10am  
 CONTACTChris Leftley; info@chalgrovesfestival10k.com; www.chalgrovesfestival10k.co.uk  
 COST£12/£14/D28/£4/DYES, +£4

**ETRAILRURAL**  
**MID SUSSEX BURGESS HILL 10K (PART OF MID SUSSEX MARATHON WEEKEND)**  
 VENUEBakmeeds Community College, Station Road, Burgess Hill, 10:30am  
 CONTACTMartin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk  
 COST£16/DYES, £20

**ETRAILRURAL**  
**WIMBLEDON TRAIL SERIES: RACE 1**  
 VENUEWindmill Road, Wimbledon common, Wimbledon, 7pm  
 CONTACTAndy Bickerstaff; 07772 111 491; andy.bickerstaff@goodrungle.co.uk; www.goodrungle.co.uk  
 COST£10/£12/DNO

**EROADRURAL**  
**SILVERSTONE GRAND PRIX 10K**  
 VENUESilverstone Grand Prix Circuit, Silverstone, 10:00pm  
 CONTACTJohn Fowler; 10kentries@silsonjoggers.org.uk; www.silsonjoggers.co.uk  
 £9/£10/D27E/DYES, +£3

**EROADFLAT**  
**NO WALK IN THE PARK 5K (+)**  
 VENUEQueen's Park, Cricket Pavilion, Chester"eld, 9:30am  
 CONTACTJohn Cannon; 07902 249 316; j.cannon846@btinternet.com; northderbyshirers.jimdo.com  
 COST£3/£5/DOnly

**ETRAILRURAL**  
**SILCHESTER VILLAGE 5K TRAIL FUN RUN (+)**  
 VENUESilchester Pavilion, The Common, Tadley, 11am  
 CONTACTTacy Hart; events@silchester.org; www.silchester.org  
 COST£3C/D5/£5E/DYES, +£2

**ETRAILRURAL**  
**BEWL WATER ULTRA 37.5 MILES (+)**  
 VENUEBewl Water Visitor Centre, Bewlbridge Lane, Lamberhurst, 8:30am  
 CONTACTDavid Ross; 0798 454 0177; runningman67@hotmail.co.uk; www.hermesrunning.co.uk  
 COST£41/£43/DYES, £50

**EROADRURAL**  
**MARAFUN (+)**  
 VENUGreen Street Green Primary School, Vine Road, Orpington, 10:30am  
 CONTACTMartin Print; 01689 828 166; 07802 810 014; martin.print@amazia.co.uk; www.marafun.co.uk  
 COST£20/£22/D1/£E/DYES

**EROADFLAT**  
**LONDON SPRING 10K (+)**  
 VENUEThe Hub, Regents Park, London, 10:30am  
 CONTACTMartin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk  
 COST£12/D27E/DYES, £25

**EROADFLAT**  
**PECKHAM 10K**  
 VENUEPeckham Rye Park, Strakers Road, Peckham, 10:30am  
 CONTACTMark Caswell; 07977 831 519; mark.caswell1@btinternet.com; www.mccpromotions.com  
 COST£14/DYES

**EROAD**  
**QEOP 10KM SUMMER SERIES**  
 VENUEQueen Elizabeth Olympic Park, London, 9:30am  
 COST£9C/D2/£5/DYES

**ETRAILRURAL**  
**MAVERICK ORIGINAL SURREY 25KM (+)**  
 VENUEBurgley House, York, Stamford, 8am  
 CONTACTPat Race Race; events@ratrace.com; www.ratrace.co.uk  
 COST£25/D22/£16/DYES, +£10

**ETRAILRURAL**  
**MAVERICK ORIGINAL SURREY 25KM (+)**  
 VENUEBoslesden Lacey House, Great Bookham, Dorking, 10am  
 CONTACTBen MacWilliam; info@maverick-race.co.uk  
 COST£25/D22/£16/DYES, +£10

**ETRAILRURAL**  
**SEMINGTON SLOG 10K AND FUN RUN (+)**  
 VENUESt Georges Primary School, Pound Lane, Trowbridge, 10am  
 CONTACTVictoria Farmer; 01380 870 796; 07724 194 833; Semingtonslog@gmail.com; www.entrycentral.com/semingtonslog  
 COST£10/£12/D25E/DNO

**ETRAILRURAL**  
**KIRKLEES 10K CHALLENGE**  
 VENUEBathedral House, St Thomas Road, Hudders"eld, 10am  
 CONTACTTyk Simmons; 01484 514 088; 10k@hudders"eldchristianfellowship.tdfe; www.hudders"eldchristianfellowship.com/kirklees10kchallenge  
 COST£12/DYES

**ETRAILRURAL**  
**BATH TWO TUNNELS HALF MARATHON (DATE 2 OF 4) (+)**  
 VENUEBrick"elds Park, Bath, 10am  
 CONTACTTom Room; tom@relishrunningraces.com; www.relishrunningraces.com/bath-two-tunnels-railway-running-races  
 COST£27/£28/DYES, +£2

**EROADRURAL**  
**BRACKNELL HALF MARATHON 2016**  
 VENUESouth Hill Park Arts Centre, Bracknell, 9am  
 CONTACTBracknell Half Marathon Bracknell Half Marathon; 01344 352 000; half.marathon@bracknell-forest.gov.uk; www.bracknell-forest.gov.uk/bracknellhalfmarathon  
 COST£23E/DNO

**ETRAILRURAL**  
**HENLEY 10KM TRAIL RUN**  
 VENUEEmple Meadows, Remenham Church Lane, Henley On Thames, 10am  
 CONTACTMartyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk  
 COST£15E/DNO

**ETRAILRURAL**  
**HENLEY HALF MARATHON RIVER TRAIL RUN**  
 VENUEEmple Meadows, Remenham Church Lane, Henley On Thames, 10am  
 CONTACTMartyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk  
 COST£20E/DNO

**EROADRURAL**  
**SAWSTON FUN RUN & WALK (+)**  
 VENUESawston Village College, New Rd, Sawston, 10:30am  
 CONTACTTony Collett; 01223 893 447; 07748 302; t.collett@virgin.net; www.sawstonfunrun.co.uk  
 £8C/D5/£5E/DYES, +£4

**EROADRURAL**  
**WINGS FOR LIFE WORLD RUN 2016**  
 VENUEParkers Piece, Cambridge, 6am  
 CONTACTRebecca Holt; www.wingsforlifeworldrun.com/gb/en/cambridge  
 COST£4E/DYES

**EROADRURAL**  
**HOLYMOORSIDE 10K (+)**  
 VENUEThe Village Hall, Holymoorside, Holymoorside, 10:30am  
 CONTACTHolymoorside 10k; holymoorside10k@gmail.com; www.holymoorside10k.co.uk  
 COST£11/£13/D24/£4/DYES, +£2

**ETRAILRURAL**  
**BEER BLAZER (+)**  
 VENUEEcorama, Mare Lane, Beer, Seaton, 10:30am  
 CONTACTKatherine Reed; 01297 22080; katherineinbeer@gmail.com; beer-ce-primary.devon.uk  
 COST£18/£10/D1/£E/DYES, +£2

**ETRAILRURAL**  
**BLUEBELL 5M**  
 VENUEBeanes Sports Centre, Daws Heath Road, Thundersley, 10:30am  
 CONTACTChris Cammidge; info@castlepointjoggers.co.uk; users.aber.ac.uk/aiv/bluebell5m  
 COST£9C/D2/£5/DYES

**EROADRURAL**  
**COLCHESTER 10K**  
 VENUEAbbey Field, Colchester, 10am  
 CONTACTJohn Bennett; 07768 705 888; colchestercharityraces@gmail.com; colchester10k.co.uk  
 COST£15/£17/DNO

**EROADRURAL**  
**HALSTEAD & ESSEX MARATHON**  
 VENUEBalstead Leisure Centre, Colne Road, Halstead, 10am  
 CONTACTEntries Secretary; marathon@halsteadroadrunner.org.uk; www.halsteadroadrunners.org.uk/marathon-entry  
 COST£20E/DNO

**ETRAILRURAL**  
**ROCHFORD 10K**  
 VENUEShington Primary Academy, Ashington Road, Rochford, 10am  
 CONTACTPaul Claydon; enquiries@rochfordrunningclub.org.uk; www.rochfordrunningclub.org.uk  
 COST£12/£14/D28/£4/DYES, +£2

**ETRAILRURAL**  
**ADIDAS TRAIL RUN 10K (+)**  
 VENUESpeech House, Nr Coleford, Coleford Forest Of Dean, 10am  
 CONTACTAndy Maxted; 07779 405 574; 01242 890 604; andymax37@hotmail.co.uk; www.trimaxevents.co.uk  
 COST£15/D6/£5E/DYES, +£10

**ETRAILRURAL**  
**STROUD TRAIL MARATHON (+)**  
 VENUETown Centre, Kings Street, Stroud, 9am  
 CONTACTSimon Barnes; 01453 353 102; 07939 102 102; info@iamoutdoors.co.uk; https://iamoutdoors.uk/cotswold-allrunners/cotswold-allrunners-events/stroud-trail-marathon  
 COST£34/£36/D1/£E/DNO

**EROADRURAL**  
**LYMINGTON TEN**  
 VENUEEggs School, London Road, Alton, 10:30am  
 CONTACTPhilip Scrase; 01420 542 683; philip63scrase@gmail.com; www.altonrunner.co.uk  
 COST£14/£16/D35E/DYES, +£2

**ETRAILRURAL**  
**LYMINGTON LIFEBOAT 10K**  
 VENUEWoodside Park, Ridgeway Lane, Lymington, 10am  
 CONTACTLymington Lifeboat 10k; 01782 398 114; lymington10k@frsystems.co.uk; www.frsystems.co.uk/lymington10k  
 COST£12E/DNO

**ETRAILRURAL**  
**HEREFORD HALF MARATHON (+)**  
 VENUEBereford Leisure Centre, Holmer Road, Hereford, 10:10am  
 CONTACTMatt Ashcroft; 01432 851 000; mashcroft@st-michaels-hospice.org.uk; www.st-michaels-hospice.org.uk/event/hereford-half-marathon/  
 COST£18/£20/D30/£4E/DYES, +£5

**ETRAIL**  
**THE WATFORD 10K (+)**  
 VENUEFloor Park Gold Club, Rickmansworth, Watford, 2pm  
 CONTACTMartin Burke; 01797 230 009; martin@f3events.co.uk; www.watford10k.co.uk  
 COST£15/£17/C/D29/£4E/DYES, £20

**EROADRURAL**  
**LARKFIELD AC 10K**  
 VENUEEast Malling Research Centre, New Road, East Malling, 10am  
 CONTACTMark Weber; markwebber@hotmail.com; www.lark"eldac.co.uk  
 COST£16E/DNO

**EROADFLAT**  
**VITALITY RUN HACKNEY**  
 VENUEHackney Marshes, London, 9am  
 CONTACTGo2Events; 0645 304 5443; runhackney@go2events.org.uk; runhackney.co.uk  
 COST£42/£46/DNO

**EROADRURAL**  
**DEREHAM 10M**  
 VENUEBeatherd High School, Norwich Road, Dereham, 11am  
 CONTACTNeville Knights; 01953 681 830; 01760 725 0836; nevilleknights@tiscali.co.uk; derehamrunners.co.uk  
 COST£12/£14/DYES, +£2

**ETRAILRURAL**  
**NORTHAMPTON PITSFORD 10K**  
 VENUEPitsford Reservoir, Causeway Car Park, Brixworth Road, Holcot, 10am  
 CONTACTMark Caswell; 0797 783 1519; mark.caswell1@btinternet.com; www.mccpromotions.com  
 COST£15/DYES

**EROADRURAL**  
**HASTINGS 5**  
 VENUETown Hall, Hastings, 10am  
 CONTACTVictor Froehlike; 07742 716 882; anthonyademarco@gmail.com; www.hastingsrunners.co.uk  
 COST£11/£13/D29/£4E/DYES, £15



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# I•M A RUNNER

I started running in the past couple of years because I put a high demand on my body [doing stand-up]. I knew running was a great way to take care of myself. Now, when I land in a new city every morning, I literally hit the ground running.

Last summer, I decided to use social media to see how many people I could get to join me for an impromptu 5K run. It started out with just 200 runners, but now it's consistently 3,000 people. I've teamed up with Nike to do these runs on a larger scale when I am on tour.

I take my phone out, I go on Twitter, and say, "LA, it's time to make it do what it do! Register, ASAP! You do not want to miss this, you do not want me to be great by myself."

With my kids, running is contagious. It's about constantly bettering ourselves as a family.

I call these 5Ks "races", but I don't want them to be misconstrued. It's not about who "nishes" first or last. It's about running together. What's great is that not everybody is a runner. These are people who are just coming out and taking their "first steps in a direction that they've never gone in before.

Once I "nish my race, I stay and high-five everybody. I do not leave until everyone has

crossed the "nish line. What I love most is hearing why people come out.

Those stories make it worth it. It's affecting people's lives. You can't do better than that.

I run in every city I visit. I do a 5K whether it's a race or just for the exercise. People see

me and respect me when I'm working out. They say hello and keep on moving.

Which one of my co-stars would I love to get out and run with me? Josh Gad [his co-star in *The Wedding Ring*]: Will Ferrell's a runner. Is he faster than me? No. I've tried to get other co-stars to run with me, but not everyone has that good taste in their mouth for running. I tried to get DJ [Dwayne "The Rock" Johnson] out there but he told me "at out, "No".

When I'm running, I'm not competing for a medal. The reward is telling myself, "I'm staying consistent. I'm staying true to something." If I continue to set goals and accomplish those goals, I'm doing something right. Who knows where that could take me.

Who do I think would win a race between me and Ice Cube [his co-star in *Ride Along* and its recent sequel]? Me, 110 per cent.

## Event

I'm from Philadelphia, and that 5K

event was our biggest turnout so far. We had 5,000 people running, including my sta , my family and my kids.

## Reason to run

I'm not a runner who's out

there trying to qualify for marathons or win some major event, I'm doing it just because I found love for it.

## Route

When I'm travelling, I love to "nd places

while running where I can see things. It's about moments ... capturing that city while you get your healthy side on.



